



Survivor:
Conestoga style
International students attend workshops to learn to survive in Canada and at Conestoga.

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SPOKE

A learning newsroom for journalism students

You can bet on it
Texas Hold'em player wants to be king of tour.

News 12

Fright night
Damien returns in remake of The Omen. The new film invokes primal fear.

Entertainment 16

Monday, October 16, 2006

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

37th Year — No. 18



(Photo by Meghan Kreller)

Hamming it up at the parade

Conestoga graphic design students in 2003 designed and built the Schneider Foods float for the annual Kitchener-Waterloo Oktoberfest Thanksgiving Day parade, held this year on Oct. 9. The float has made an appearance in the parade ever since, with some modifications. For parade story and more photos, see Pages 14 and 15.

Research funding available for faculty

By STEPHANIE IRVINE

Faculty at Conestoga College learned recently about research funding programs available to them through Canada's largest academic research funding body, the Natural Sciences and Engineering Research Council of Canada (NSERC).

"We like to say we support people, discovery and innovation," said Anne Alper, manager of the research partnership planning program at NSERC. "That's where the colleges would fit, because NSERC is beginning to recognize that the colleges are playing an important and increasing role in innovation."

NSERC, which has an annual budget of \$700 million, supports more than 17,000 science and engineering students pursuing their master's degrees and PhDs, as well as more than 10,000 university and college professors.

Of that budget, about a quarter is devoted to innovation. This translates into less than one per cent of the overall budget currently going to fund research at colleges.

According to Alper, NSERC is very interested in supporting applied research projects at the college level and has set up some specific grant programs to help enable college faculty to receive funding.

"The Idea to Innovation Program's objective is to support the development of technologies that have identifiable market potential, and then transfer them quickly to Canadian companies," said Alper.

She went on to say because the research done at colleges is so applied and in direct response to industry needs, this program is a good fit for them.

Another program Alper mentioned is the College and Community Innovation Pilot. This was developed specifically to give

funding to colleges, and NSERC will be using information gathered from the program over the last two years to develop case studies.

"We want to see if the money given through this program helped the colleges," said Alper. "We also want to look at the different schools and investigate what made them successful, or what kept them from being successful."

In a recent interview, Angela Vuk, director of applied research at Conestoga College, said she thinks the programs offered through NSERC will be a good way for faculty here to get funds.

"From the college's perspective, it's a great opportunity for our faculty to keep them current and engaged with industry in terms of what's out there and current with research," she said. "But also for the students, it gives them a really good opportunity to get hands-on experience and get them excited about research, and maybe that's a

career path that they decide they want to take."

Because the applied research office is only a couple of years old, Vuk said right now they're working on all of the policies and procedures needed to make the program work, as well as raising awareness of the program.

"My job is to help increase the profile of the college, to market the capabilities of Conestoga to the community and the region," she said.

Vuk went on to say that developing the applied research program is a long-term proposition.

"It's going to be 5 to 10 years I think before we maximize our applied research function, in the sense that we have the most faculty who are interested in doing research doing research, all the protocols are well laid out and we have an established network of industry partners who come to us or give us word of mouth referrals

so that other companies can come to us as well," she said.

Some faculty members at Conestoga remain unconvinced about the funding being a long-term solution.

Jim Galloway, co-ordinator of the welding and robotics technology programs at the college, said most funding programs have been set up to fund research at universities, not at colleges.

"I'm a bit cynical from what I've seen historically in terms of how colleges are perceived when it comes to research," he said. "A lot of the university researchers are so far out in the land of speculative research that when it comes to what is practical and what is innovative in terms of what industry requires, there's a big disconnect. I think that colleges and college faculty in general have a fairly good handle on what industry is doing and the problems industry is facing."

APICS takes students on a trip to the sunny south

By ANNELISE THOMPSON

Three Conestoga students will be travelling to Orlando, Fla., as part of the APICS scholarship program.

Kerri-Lynn Kit and Jaime Nicol, third-year materials and operations management students, and Brian Ward, a second-year materials and operations management student, will attend a three-day APICS (the association of operations management) International Conference and Exposition from Oct. 29-31.

Conestoga College is one of the largest of 270 APICS chapters in North America.

Students who join the chapter benefit from networking and apply-

ing for scholarships and are eligible to participate in the Scholars Education Program.

Tracey Lopers, Ontario Grand Valley affiliate student chapter liaison, said Conestoga has sent at least one student every year to a conference since the program started in 2000.

"APICS tries to get between 40 and 60 students each year to attend the conference," she said.

Kit said she applied to the program last year but was not accepted, so she is excited to be able to attend this year.

"I really just want to go and have a good time, learn a lot and meet new people," she said.

Kit also felt that the conference will offer more opportunities.

"Being able to get out and network with people will be different than what we do here," she said. "The networking we're able to do here is usually just with people in Ontario, this way we can meet new people and hear about their experiences."

A prime example of contacts that can be made through networking happened when Lopers attended an APICS conference in 2003. "I met a woman from Kellogg's, in London, and we discussed the co-op program here at the college," she said. "Afterwards she ended up hiring a student from here for a work term, and through that con-

tact, after he graduated he was hired for a full-time job."

At the conference students will be able to participate in interactive educational sessions, listen to keynote speakers and be taken on various plant tours, including the Kennedy Space Center and Universal Studios in Orlando.

"Also as part of the students' scholarship they are given a work schedule for a couple of sessions a day, where they go to help and make sure everything is OK while they are there."

Students who attend the conference are also given access to speakers and events that otherwise are closed-door.

"At one conference, a motivational speaker held a session just with the student scholars to meet him and do book signings, so there are special perks as well," said Lopers.

She added that at meetings held in auditoriums with several thousand people, the students get to sit in the front row.

"The helping out doesn't bother us at all," said Kit, "because they're paying our whole way there, and otherwise I wouldn't even be able to go to something like this."

Students interested in joining Conestoga's APICS student chapter should visit www.apics.org.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What's your dream Halloween costume?



"Ever since I was young I've wanted to be Cat Woman."

*Lindsay Zatezalo,
second-year law
and security*

"The Pink Power Ranger."

*Tyla Bard,
second-year law
and security*



"A ninja, because they are badass."

*Owen Moir,
third-year material and
operations management*

"A giant skunk, because they have a big tail."

*Amy Howard,
second-year
nursing*



"I'm being Wonder Woman this year, and my boyfriend is being Superman."

*Martina Depaola,
first-year office
administration*

"A pumpkin would be pretty cool."

*Barney Kraft,
first-year
apprentice*



Smile Conestoga, you could be our next respondent!

Award has Nov. 1 deadline

By VANESSA BUTLER

There was nothing but good news to report at the alumni associations' board meeting Oct. 2.

Mike Shipley, treasurer, reported that the board has approximately \$8,000 left in the budget to work with. Some of the funds will go to the welcome home award and an appreciation day for the board.

Monica Himmelman, director of alumni relations, said the welcome home award has 20 applicants so far with a few more expected to trickle in before the award's Nov. 1 deadline. The award is getting good advertising, with each applicant expected to receive \$200-\$250 from the association. Shipley reported \$3,000 of the budget is set aside for the award. Shipley then forecasted next year's budget at around \$50,000, which is up from last year's budget by \$10,000.

A faculty report was given by Anne Charles, faculty representative. Charles reported the fall semester is a busy time for all college faculty, with mid-terms, unit tests and other various forms of assessment already in progress.

She also noted the office program has started an innovative project. Students from the program have been assigned to faculty as personal assistants. Students will be working two hours a week with their faculty member. Charles said this new initiative is an exciting learning experience for both students and faculty.

"This will be a great learning experience for the students," she said. "Students will work with the faculty and gain great working experience."

Mary Wright, an administrative representative, reported enrolment statistics indicate a 4.8 per cent increase in full-time students at the college, with first-year students up by 12.5 per cent from last year with



(Photo by Vanessa Butler)

Alumni association board members ham it up at a meeting held on Oct. 2.

nearly 3,400 students enrolled. As well, there has been a 22 per cent increase in apprenticeship programs.

Troy Brundle, a Conestoga Students Inc. director, delivered a brief update on CSI happenings in and around the college.

Welcome Home award has 20 applicants so far with a few more expected to trickle in.

He reported the student centre, which lots of energy has gone into, is expected to be open mid to late November, with students not being overly upset with the delay.

Brundle said after speaking with students there seems to be only a few reoccurring complaints. Students are still discouraged that there is no campus bar open before 4 p.m., and there are still not enough microwaves to be shared by the Conestoga student population.

Susan Milton, a member-at-large, discussed the Conestoga Alumni Association affinity partnerships

survey. The survey has thus far received 300 responses, with a goal of having every Conestoga alumnus fill one out.

When completing the survey, alumni are asked to indicate which affinity partnership would interest them the most software discounts, investment planning, discount memberships, insurance benefits and more. "I want it to be what the students want," said Milton.

Himmelman said a marketing competition will be held this year, with 20 to 25 third-year students expected to participate at the event to be held at Algonquin College in Ottawa. The alumni association is sponsoring the event, giving \$2,000.

"It's not a silent sponsorship," said Himmelman. "The students know who's sponsoring them and are appreciative of it."

Glenn Campbell, president of the alumni association, asked that when the students return from the competition, some of them give a brief report on their outcomes and an overview of the happenings.

The next alumni association meeting is the annual general meeting to be held on Nov. 6.

New Cambridge campus planned

By CARA LICHTY

Conestoga College is hoping to have a new campus in Cambridge open by September 2009.

President John Tibbits made a presentation to Cambridge city council Oct. 10, explaining the college's plans for the campus, which would be built just across Highway 401 from where the Doon campus is. The estimated cost is close to \$50 million.

It would hold approximately 2,000 students and 1,000 apprentices, all in technical and engineering programs, as well as 1,650 continuing education students.

Tibbits said he thinks it would be beneficial in many ways to set up the new campus with the majority of programs being in technology and engineering.

"It would be much more cost-effective to have all of those programs in one campus," said Tibbits. "Forty per cent of the building would be shops and an industrial setting is much cheaper."

Tibbits also said that concentrating on engineering and technology at the new Cambridge campus would be favourable to the liberal,

media studies and health programs.

"Liberal arts, public relations and health would have an excellent opportunity to grow," he said. "All of the programs would have a chance to benefit from this potential expansion."

The plans call for a 200,000-square-foot building to be constructed. Tibbits said although it will take time, the new campus could potentially grow to be as large as the Doon campus.

"It'll take 30 to 50 years, but it could grow to be bigger than the Doon campus's 6,000 students."

Doug Craig, mayor of Cambridge, said he thinks the idea for expansion is a great one.

"Expansion into Cambridge is an excellent idea," he said. "It would be so good for not only the City of Cambridge but for the students."

"John and I have been discussing this project for years now and it's finally coming together."

Tibbits said he not only hopes he will get moral support from Cambridge city council but also from the province.

"The big thing in the short term is that we need them to work with

us," he said.

A story in the Oct. 11 Record said the project depends on a \$20-million to \$25-million contribution from the province.

The federal government will also be asked to make a large contribution.

Funny money in the college

By ERIC MURPHY

A counterfeit \$20 bill was discovered when a student tried to purchase a parking permit at Conestoga College Oct. 2.

The student was just as surprised when the news was revealed to him.

"We don't get many counterfeit bills around here," said John Tribe, interim supervisor of safety and security services at Conestoga. "Most people don't know they're passing off fake bills and are victims."

Waterloo Regional Police are investigating the incident.

Patience is a virtue for a career in ECE

By AMY MEADOWS

The supervisor at the early childhood education centre at the Doon campus said it takes an extremely unique person to work with special educational needs children.

Deb Crawford, who has worked at Conestoga's ECE centre for two and a half years, said patience is the biggest attribute a special needs worker can possess.

"You need a good understanding and lots of enthusiasm," she said. "It's not really anything different than you need to work with regular day care, but it does take a special person."

Crawford explained why patience is necessary to work with special needs and said some individuals may find it difficult.

"You can work with a child on the same thing for weeks without them understanding it," she said. "For some people that could be frustrating."

Crawford said one thing people thinking of entering early childhood education must understand is that it is not a babysitting program.

"We follow a curriculum," she said.

A graduate of Conestoga College's ECE program, she said if they notice anything is out of the ordinary for a child's age group, K-W Habilitation services is assigned to help assess and diagnose various learning disabilities.

"You need a good understanding and lots of enthusiasm. It's not really anything different than you need to work with regular day care, but it does take a special person."

*Deb Crawford,
supervisor at the ECE centre
at Conestoga's Doon campus*

"There is a referral, then the right caseworker is assigned for the child," she said. "Once the referral is done, it takes anywhere between two weeks and four months for the process to begin.

Some of the lists, especially for speech related issues, are long."

Another organization ECE works closely with is KidsAbility for more speech-related issues.

Crawford said the best way of working with children, in particular special needs children, is to make everything age appropriate.

"They may be six or seven in their body, but only two and a half in their mind, therefore, you can't use the same thing for every child," said Crawford. "It's all about setting them up for a positive experience."

She said the other children are very helpful to the few special needs children on site.

"If they need help, they will help them out, they never ostracize them," said Crawford.

Over her 18 years in the college's ECE system she said she has seen the number of centres grow to six and now, with the closure of Waterloo's early childhood education, decrease to five.

Something Crawford said she loves about the centre is how special needs children are integrated with the other children.

"I think it's fabulous, everyone learns and grows together."



(Photo by Eric Murphy)

A day off

Stephanie Rich, a second-year police foundations student, sits with Riker, a 12-year-old shepherd, her Llewellyn Security co-worker, while visiting Conestoga College on Oct. 4.

Early advertising increases event turnout

'So far no events have flopped this year'

By JESSICA BLUMENTHAL

Students wouldn't enjoy school as much if all they did was study, said the residence life co-ordinator for Conestoga College's Residence and Conference Centre.

"This year people are realizing the importance of getting involved (in rez events)," Ryan Connell said. "We have younger students who are in the 'get involved phase' and know it's a huge perk to college life."

There's a need for everyone to get involved in some form or another and this year we've seen the most participation ever, said Connell.

"The key is to recruit for involvement during the first three weeks of school because that sets a strong precedence for the entire year."

The difference between this year and previous years is students are being told to get involved from the start, he said.

"It's a refreshing change that Conestoga is trying to push participation from their end."

This year the college handed out a different orientation package stressing involvement. There is also a student life website and the student life department on campus now.

Not much has changed in terms

of programming at residence, the former Conestoga student said.

Residence events and activities, like pasta nights and the annual Niagara Falls trip, are still planned. Students can go to the Mocktails night, during Alcohol Awareness week, and watch their friends play music in a coffee-house setting in October.

"The key is to recruit for involvement during the first three weeks of school because that sets a strong precedence for the entire year."

*Ryan Connell,
residence life co-ordinator
for Conestoga College's
Residence and Conference
Centre*

New this year are residence versus residence activities. For example, Conestoga will challenge Mohawk in a paintball game.

"So far no events have flopped this year," Connell said. "Students have been really supportive and there were huge turnouts."

Residence has events planned for the rest of the year so there is

always something going on to keep students occupied.

"It's as easy as waiting in line for pancakes," said Connell.

Students are rewarded for getting involved by earning points when they attend events. There are gift certificates for stores like Zehrs, that residents win at the end of each month for the most points.

Magdalena Zoltowski, a first-year broadcasting student, got a gift certificate for participation for September.

She believes it's a great way to get to know other people and truly experience first year college.

The residence hands out newsletters and posts advertisements around to the school to inform residents of upcoming events.

"It gives students a chance to see what's out there and to have fun," she said.

Zoltowski volunteered to help move students into residence. She also went on the Wonderland and Blue Jays trips.

"I recommend students go into residence and get involved. If you are in residence then bring your friends who aren't in residence to the events," she said.

Residence events are open to all Conestoga students. Students who don't live in residence need to sign in at the front desk.

Conestoga's Doon campus set to host job fair

By NATALIE ANDERSON

Conestoga College is hosting an on campus job fair Oct. 18.

Students are encouraged to head to the E-wing between 10 a.m. and 1 p.m. to meet with employers from the area looking for part-time, seasonal, co-op and graduate employees.

There will be more than 60 different companies at the job fair such as CIBC, City

Police, K-W YMCA and many more.

Career services, which is sponsoring the event, is available to assist students with putting together resumes and cover letters, as well as offering interview assistance.

There will be more than 60 different companies at the job fair.

For more information, stop by Room 220 on the second floor of the Student Client Services Building.

Students can also call 519-748-5220, ext. 3340.

WINNER ANNOUNCED IN ORIENTATION SURVEY DRAW

Congratulations to Alex Mackenzie, a year one student in Construction Engineering Technology-Architecture. Alex's name was selected to win an Apple iPod Nano in a random draw of year one students who filled out the Orientation 2006 Survey.

Thank you again to all students who provided us with feedback about orientation.

It's time the finger pointing stopped

Growing up involves maturity and taking responsibility for our actions.

Too many people play the blame game, always pointing the finger elsewhere.

Throughout history it has always been easier to point the finger in another direction: she made me do it, he told me to, I saw it on TV, the song suggested it or, the most recent, the video game showed it.

If anyone feels these are lame excuses and easy-outs to take the weight off perpetrators' shoulders, you're not alone.

They are unreasonable, inexcusable, unacceptable and downright unforgivable attempts to explain someone's actions.

The latest examples of this are the public blaming Kimveer Gill's rampage on a video game, and a 14-year-old Atlanta boy's shooting spree on a violent movie.

Video games, movies and music do not make people violent, they do not make people hurt other people and they do not excuse what those people did.

Blaming anything or anyone other than the people involved will not bring back the victims. It will not help the victims' relatives sleep easier at night and it will not make people feel safe.

Even issues such as teasing and bullying, factors considered in the 1999 Columbine high school tragedy, are not excuses.

You get bullied, you get help, you don't get a gun.

Violence and murder solve nothing, they only create heartache and send fear into an already fearful society.

Marc Lepine, the shooter in the 1989 L'ecole Polytechnique tragedy, took an easy out by blaming feminists for his problems.

Lepine felt women were the cause of his troubles, as he wasn't accepted to the school and women were, but that was no reason or excuse to seek revenge or take out anger in such a violent way. He blamed and society accepted it.

There are doctors and psychiatrists for a reason, to help people. Guns and violence do not help, they only destroy.

So why is it so easy for society to hate the actions yet take pity on the killers? Why is society so quick to assume the reason behind violent actions is a media product or social rejection?

Why does society blame everything and everyone else before they consider that maybe the problem is the assailants themselves?

Maybe the reason behind the tragedy is the gun holders and maybe the people with their fingers on the trigger are who society's finger should be pointing to.

It's time for society to stop blaming the media and social awkwardness for the actions of violent assailants.

It's time everyone is accountable.

**It's time for society to stop
blaming the media and
social awkwardness for
the actions of violent
assailants.**



Where have all the manners gone?

Gimmie gimmie never gets. Don't you know your manners yet?

Although I have not actually spoken these words since kindergarten, I have wanted to scream them on a daily basis since beginning to work in the customer service industry six years ago.

Working with the public has allowed me to develop many skills I may not have otherwise developed.

Not only have I become more communicative and social, I have become more tolerant of rude, ignorant and just plain bad-mannered people.

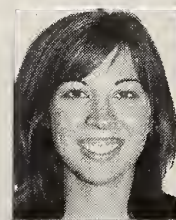
More tolerant, however, not completely.

Sure, not all of them are bad. I encounter pleasant people every day; people who interest me and who I enjoy talking with. However, something is wrong when these customers distinctly stand out as a minority.

I always used to hear my aunt talk about how the world is losing its courtesy.

Until lately I did not understand her theory and, although I don't completely agree with her argument, I now understand where she is coming from.

Where we differ is in our view of the root of the problem. She seems



**Meghan
Kreller**

Opinion

to think it is my generation that has suddenly corrupted society with our barbaric ways.

I, on the other hand, believe in evolution. It is not one generation that suddenly changed the ways of the world. I figure we must be learning from someone ...

**"Working with the public
has allowed me to
develop many skills I may
not have otherwise
developed."**

When I was young I got pinched if I forgot to say please or thank you and my parents led by example.

To this day I consider myself reasonably polite. I say please and thank you and smile at almost everyone, all thanks to mom and dad.

My manner-lacking customers

don't always stem from my generation. Quite often, actually, they come from that of my parents'. If these people are having kids and passing on their boorish ways, no wonder my generation is developing a bad rep.

However, no matter how and where it all started, I wish it would stop.

As cliché and Disney-like as it sounds, if everyone treated each other the way they would like to be treated, the world could be a much happier place.

As for my customers, I only ask three things:

1. When I say hello, don't grunt (actually no grunting at all would be preferred)

2. Say either please or thank you (or both if you are feeling adventurous)

3. Smile (it's true, they are worth a thousand words)

They say you can't teach an old dog new tricks but I will surely try.

I would like to think for every person I am polite to, aged nine or 90, he or she will turn around and treat someone else with that same respect.

On that note, thank you for your time. Have a nice day.

Pass it on.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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Pet your stress away

By BECKY SHARPE

Have you been dealing with mid-term exam anxieties or are you worried about an upcoming assignment?

Studies have shown having a pet can reduce stress and help with emotional well-being.

According to www.bestfriend-petcare.com, pets can provide us with companionship, social interaction and an emotional relationship.

Speaking to your pets helps to get things off your chest and playing with them can bring humorous one-on-one time, which relieves tension.

The best stress reliever our pets can give is also something they love.

Stroking your pet will reduce your heart rate, blood pressure and arteriosclerotic process.

According to Mayo Clinic's

medical website, arteriosclerosis is a chronic disease in which thickening, hardening and loss of elasticity of the arterial walls results in impaired blood circulation.

**Studies have shown
having a pet can
reduce stress and
help with
emotional well-being.**

It develops with aging, hypertension and diabetes.

Clearly pets, whether a cat, dog or gerbil, are more beneficial than we give them credit for.

Ron Howard, a supervisor at Super Pet, Kitchener, on Fairway Road, strongly believes everyone should have a pet to bring them a little stress relief.

"Dogs are excellent for elderly individuals, it helps to build up

their morale," Howard said.

If someone is looking for a cuddle, cats will warm your lap and help your emotional well-being.

"Personally I love fish," said Howard.

"They give everyone a relaxing atmosphere and you can almost melt your problems away just watching them swim around."

Howard said birds are wonderful for people who love to get things off their mind.

"If you have a parrot, which you can teach to speak, it's wonderful to chat with them when someone or something has really upset you," he said.

Rabbits are friendly and make everyone laugh, they're soft and easy to cuddle, said Howard.

"Rabbits sell really fast these days because everyone loves to take a bunny home to hug when they get sad," he said. "Something about rabbits make people feel better."



(Photo by Becky Sharpe)

Rabbits are very cuddly and are highly recommended for anyone who loves quiet, soft, lovable pets.

Jingle all the way starting in July

As October begins, most of the population starts to decide on fall clothing or makes plans for Oktoberfest or Thanksgiving dinners. The warm days are few and far between; the leaves turn from green to orange and local retailers change their back-to-school displays into Halloween displays? I wish. Sure, fall has seen its share of Halloween candy, costumes and accessories, but even before these were put out there were Christmas knick-knacks and decorations on the shelves.

It all started in July, yes July. I was on my way to work on what seemed like the hottest day of the year. I was hustling to make it there on time, when I entered the store to what seemed like a parallel universe.

All the employees working were frantically running around putting up about 100 Christmas ornaments, for what they called the "ornament premiere." I kid you not, it was the very beginning of July and half the store was packed with Christmas ornaments.

As the customers entered the store for the next few months, their reactions when looking at the display were extremely negative. To be honest that was my thought too, however, we are trained to tell the customers that "if you don't buy them now, they'll be gone before Christmas." Most of the comments went something like this: "Christmas already? You have got to be kidding me," or "Oh my gosh, I don't even want to think about Christmas." A few weeks later I was in another store and saw Christmas trees and Christmas decorations, while at another store I saw Halloween stuff shoved to the back and Christmas items on the main display. As you can imagine, the same comments were made.

The sad thing is, most comments made by the employees are "if you don't buy it now, it'll be gone in a



Sarah Jaynes

Opinion

month," which you know is just their way of saying, "buy one now, and more later."

When thinking back to when I was a kid I can remember my mom always being super stressed out about Christmas, and when it was all said and done, she seemed relieved. Of course, as a kid I never understood that mentality, and it was probably because I didn't have to buy presents. Now that I am older, I can certainly understand.

I think the idea of Christmas is definitely not about religion and hardly about family anymore; it's all materialistic and based on what gifts you receive. Basically it's about the money!

I believe that this can be partly blamed on greedy businesses that start selling Christmas stuff before summer is even over. It is easy to buy into the sales gimmicks and the idea of "shopping early" but let's face it, the earlier you start the more you buy, and that's the grand scheme.

Christmas should never be about money or the gift you receive, especially when there are families in our community who struggle to make ends meet on a daily basis. However, I think a lot of people buy into the idea of getting something, rather than sharing the day with the people they love.

My solution: the next time someone asks you what you're getting your friends and family for Christmas tell them that they're all getting your love and affection.

If you're a student on a budget like me and you really want to give a gift, I think a macaroni picture frame is a pretty good start.

A college student crush

Walter Mendoza, (left to right) Dan Stauch and Bryan Remmert, second-year robotics automation students, hold up one of the can crushing projects from their problem solving and design class.

Grad a day of hypocrisy

By ANGELO MAZZIOTTI

For most people, high school graduation is a time of celebration. It is also a time to let loose, throw inhibitions to the wind and party until you drop. For one local student, however, graduation day was just a day like any other.

Kiah Dubelar, a recent graduate of Our Lady of Lourdes High School in Guelph, decided to forgo the annual tradition this year.

Dubelar is by no means against graduating, but says she is against the hypocrisy of the graduation ceremony.

"The main point that influenced my decision was the hypocrisy of the whole evening," said Dubelar. "We spend four years in our own little cliques, openly disliking one another, and everything is supposed to be forgotten come grad night."

Dubelar said just the thought of the whole ceremony is enough to

make her want to gag.

"I don't think people actually stop and think about what they are doing," she said. "People just do it because tradition tells them to. Call me crazy but if tradition tells me to spend three long, hot hours in a stuffy church then I'm not going to listen."

Dubelar said all she heard for the last two months of school was talk about the after-party.

"I know I sound like a bitter old woman," joked Dubelar. "But I'm just not much of a party person. I think people our age are just looking for any excuse to get drunk and act like idiots."

Believe it or not, Dubelar is not the only person in her family to be absent on graduation night. Her mother did not attend her own big night either, but Dubelar wanted it made clear that she came to her decision on her own terms.

"To be honest I didn't even know my mom stayed home from her

grad until after I made my decision," Dubelar said. "She said she didn't want to influence me in any way."

Dubelar's decision to stay home did not sit well with her grad committee. They would not refund the graduation fee, tried putting the blame on her parents and even went as far as removing her name from the list of graduates.

"That was really the only thing that upset me," said Dubelar. "I worked hard and passed all my classes but they didn't include me on the list of names at commencement. I thought they would have a little more class than that."

So what did Dubelar do instead of attending her graduation ceremony?

"The question is what didn't I do," she joked. "I played some Super Mario Bros. 3 with my little brother, caught up on some reading, threw on an old Tracy Chapman album and ate some perogies. What a night!"



(Photo by Jenn Sprach)



(Photo by Annelise Thompson)

Getting in shape for the weekend

Second-year police foundation students have their Friday morning fitness class in the recreation centre.

Kitchener MP candidate has fresh outlook

By AARON SCHWAB

Municipal politics is something that a vast majority of Kitchener's population is hard-pressed to care about, but one Kitchener MP candidate is focused on combating voter apathy.

"I'm trying to set myself apart from being a standard politician," said J.D. McGuire, 24, of Kitchener.

"I'm not really trying to say something different (than my competition): people are going to agree with me, people are going to disagree with me. The biggest thing is to try to be different."

McGuire was born and raised in Goderich, Ont. and moved to Kitchener in 2001. He became involved in municipal politics because of a drive to improve the city he now calls home.

McGuire, who is running for councillor of Kitchener's Chicopee-Grand River Ward (2), is taking to more unconventional means to try to connect with people, including spreading his message via the popular social networking website MySpace and actively searching for thoughts and opinions from people who may not speak up on their own.

"With things like using the web and MySpace – and I'm working on launching a website – I'm hoping to be a little bit more active than some other (campaign) websites," he said.

McGuire said he is trying to get out and actually talk to and listen to people, and let some of the people that live in his ward form his policies, and listen to what they think the issues in the community are.

"Too many times, I think, politicians are telling us what the issues are, and not really asking us what we think the issues are," McGuire said.

"Sometimes there's things that come up with everybody, but there's going to be some things that are maybe important to a small group of people that we maybe wouldn't have thought of otherwise."

McGuire said he thinks actively listening and actively pursuing opinions from apathetic or undecided people who wouldn't otherwise speak up is important.

I think when someone says 'Here's what we think about this, if you have comments, speak up,' you're only getting the groups of people who strongly agree or strongly disagree. If there's a moderate or undecided person, they're less likely to speak up. And actively pursuing people and trying to prod them a little bit and say 'I understand you may be undecided on this, but what are your thoughts?' You don't need to have an opinion to have a thought."

McGuire said voter apathy is an ongoing problem that MPs before him have tried to combat as well, with voter turnout in Kitchener hovering around 22 per cent since 2003.

"Even the Ontario election last time ran at about a 50 per cent voter turnout," he said.

"My whole point of (running) is just trying to encourage people to get involved and listen up to what's going on."

*J.D. McGuire,
Kitchener MP candidate*

"The voter turnout for municipal elections is really, really, really low in this area, and so I'm trying to find the people who maybe would vote in higher-profile elections and for some reason aren't voting at the municipal level. I think it's because municipal government in general isn't very exciting, and I don't know that (municipal MP candidates) are trying to reach out to people besides the 20 per cent of people who are voting every year."

McGuire, who attended Conestoga College and graduated from the computer programmer program, said politics is something he's been interested in from a very young age and has always been a background interest.

"I'm not working in computer programming at all. I'm actually working in retail," he said. "But politics is something where I really think that it doesn't take an education to know how to listen to people."

McGuire said his drive to get into politics has changed over the years, going from something that really interested him to a drive to combat disillusionment that often accompanies politics.

"I was one of those people who, when they turned 18, just really wanted to get out there and vote, have my voice heard," he said. "Now that I've gotten a little bit older, I've grown a little bit more involved with the disillusionment of the political process, with the way the majority of politicians are."

McGuire said not all politicians are bad and involved in shady business, but scandals seem to be growing and voter interest is probably dropping because of that.

"Now I'm able to get involved, so I'm going to try to get involved and I'm going to try to do my part to be someone different than the rest," he said.

He said since he has no record or experience to run on, he has to run on his own merits.

"I think it could work both ways," McGuire said of his relatively young age and lack of experience.

"It's obviously more of a struggle for me to try and get my name out there when nobody knows it already, but I look at it as a positive thing: I don't have a knowledge of how things are 'supposed to work,' and without that knowledge, I don't fall into the traps of 'being a politician.'"

McGuire said he is just a regular guy with interests in where his tax dollars are going and how his city is being run, and his interests in running for Ward 2 councillor are nothing besides caring about where he lives and having a voice in that.

"I don't have years of political experience to say 'This is the way I've always done things.' I can afford to do different stuff, I can afford to try different things, and not be bound by 'This is the way I've always done things, so this is the way I'm going to have to always do things.'"

"My whole point of (running) is just trying to encourage people to get involved and listen up to what's going on; even if you're not going to vote for me, get out and vote."

Vehicles stolen

By ERIC MURPHY

A black, 2001 Chevrolet Silverado pick-up truck was stolen from parking lot 10 of Conestoga College Sept. 28.

The truck was stolen at approximately 11:30 a.m. and video surveillance of the incident has been handed over to Waterloo Regional Police for investigation.

Waterloo police are also investigating the theft of a silver GMC that was taken from parking lot 9 at the college between 2 and 4 p.m. the afternoon on Sept. 26.

"With 3,500 cars in its lots and sit-

uated on the 401 corridor, Conestoga is a prime target," said John Tribe, interim supervisor of safety and security services "Last year we had approximately 20 cars stolen."

Tribe said vehicle theft is a problem but not unique to the college.

"If experienced, it takes someone less than two minutes to take a car," said Tribe.

"People stealing cars don't look any different from the average student."

He said the only way to deter car thieves is to lock your doors and don't leave anything valuable out in the open.

Sticker campaign targets Conservatives

By ROSS ALDWORTH

The Young Liberals of Canada have begun a sticker campaign targeting what has been called "copy-cat rhetoric" made by President George W. Bush and Prime Minister Stephen Harper.

Called Brokeback Conservatism, the campaign lampoons the two leaders by inserting their faces into a poster for the film Brokeback Mountain, which tells the story of the relationship between two gay cowboys.

The group's vice-president of finance, Sabrina Loiacono, says the motive behind the stickers, which are being distributed on campuses nationwide, is to reveal the special relationship between Harper and Bush.

"President Bush is moving to take away rights from Americans," said Loiacono, "and we are trying to raise awareness to make sure Harper doesn't get the chance here in Canada."

According to Young Liberals of

Canada president Richard Diamond, Bush encourages Harper's efforts to move Canada to the extreme right of the political spectrum.

"In fact, the two are so similar they're even saying almost exactly the same thing when they speak publicly," said Diamond.

Diamond was referring to Harper's belief in protecting the traditional definition of marriage and rejection of the Kyoto Protocol, both of which are positions held by Bush.

While Conestoga does not have a Young Liberals branch on campus, students interested in getting involved can find a variety of opportunities on the group's website, www.youngliberals.ca.

The Young Liberals are a group within the Liberal Party that advises the Liberal government at all levels on issues concerning Canadians aged 14-25.

They elect one national president and five vice-presidents, along with a president representing each province.

Learning the breath of life

By ALEX MCNANNEY

It may be a new program, but it's already growing fast. The respiratory therapy program, introduced this year, will be holding its first event, respiratory therapy week, in the E-wing on Oct. 25 and 26 from 11 a.m. to noon both days.

The extravaganza will showcase what the program is all about, provide information about what respiratory therapists do as well as display some of the different types of equipment used in the profession.

Program co-ordinator Lori Peppler, a certified respiratory therapist, hopes to raise awareness for the profession, and to let students know the program is offered at Conestoga. The event takes place yearly at all colleges offering the program across Canada during the third or fourth week of October.

The program has been running well so far, and Peppler says she's happy with the interest in it.

"There's excitement. We have 40 students in our first class," she said. Conestoga is one of only six colleges in the province currently offering respiratory therapy.

Peppler said the program had nearly 200 applicants this year, but

she still hopes to have that increase over the next three to five years.

Currently there are 2,400 respiratory therapists in Ontario, and while it may not seem to be in demand as much as other programs such as nursing, Peppler thinks it will still face the same problems other fields in health care face, which is a need for more people in the coming years.

The good news is, unlike many of the other health-care professions, most of the Ontario graduates stay in the province, Peppler said. "The majority that train in Ontario, stay in Ontario."

The program, which is three years in length, functions as didactic training and prepares the students for the challenges of real life. The program has a new lab with a simulator, providing students with hands-on experience.

The third year is exciting because students get to go out to do clinical rotations at hospitals.

"They're looking forward to that eventual goal of getting out there and seeing real patients," she said.

Partnerships with local area hospitals and clinics are being formed right now.

The darker side of tanning

By TARA RICKER

Every year about 62,500 Canadians are diagnosed with skin cancer. Despite this fact, a growing number of Canadians are flocking to tanning salons each year to obtain the perfect sun-kissed tan.

The question is, are tanning beds less dangerous than the sun?

"Using tanning beds is like committing suicide," said Shayne Nevins, an esthetician at Sanctuary International Day Spa in Waterloo.

The fact is the UVA rays that are emitted from the Ultraviolet A light sources in tanning salons are two to three times more powerful than the UVA rays which occur naturally from the sun, said Nevins.

The two types of ultraviolet rays from the sun are UVA (ultraviolet A) and UVB (ultraviolet B rays). UVB rays cause premature aging, burning and even skin cancer.

"Today many people know of the dangers posed to the skin by solar UV radiation, including melanoma and non-melanoma skin cancers."

Individuals with a high risk of skin cancer generally possess one of the following traits: fair skin, red or blond hair, green or blue eyes, freckle easily, outdoor occupations, genetics and many moles, she said.

"Keep an eye on your moles," said Nevins. "If you insist on using a tanning bed you should check

your moles on a regular basis because if they increase in size it could be skin cancer."

People who choose to tan are greatly increasing their risk of developing skin cancer, she said. This is especially true if tanning occurs over a period of years, because damage to the skin accumulates. Unlike skin cancer, premature aging of the skin will occur in everyone who is repeatedly exposed to the sun over a long time, although the damage may be less apparent and take longer to show up in people with darker skin.

Tanning salons promise customers an everyday golden-brown skin, or a quick skin makeover for weddings, reunions or other special events.

"Many people like to tan before going somewhere south because they think they are getting a base tan but they are not," she said. "Using a tanning bed and then laying out in the sun actually does more damage to your skin."

The rapidly-growing tanning industry assures customers that artificial UV radiation is a safe way to tan and that it provides a number of health benefits as well, including much-needed vitamin D.

"Just a small amount of sunlight is needed for the body to manufacture vitamin D," said Nevins. "It doesn't take much sunlight to make

all the vitamin D you need, certainly far less than it takes to get a sun-tan."

The sun itself is healthier for you and your skin as long as you use proper sun protection, she said.

The most popular device used in salons is a clamshell-like tanning bed. The customer lies down on a Plexiglas surface with goggles for eye protection and relaxes as the body is tanned from both above and below.

"Control and moderation are key," said Steven Gilroy, director of Smart Tan Canada.

Smart Tan Canada is a benchmark for professional indoor tanning.

"Our job is to educate tanning salons on the safest and latest tanning trends," said Gilroy.

Smart Tan Canada is one of the only company's in Canada that certifies and educates salon staff.

"We are trying to help the industry become more professional and reduce the risk of over-exposure to the client."

When tanning outdoors, you place yourself in an uncontrolled environment, said Gilroy.

"The advantage to tanning beds is control," he said. "It is very precise, calculated, controlled exposure designed to give you a cosmetically pleasing tan without burning your skin."



(Photo by Tara Ricker)

The number of skin cancer cases has been rising over the years and experts say this is due to increasing exposure of UV radiation from the sun, tanning beds and sun lamps. Shayne Nevins, from Sanctuary International Day Spa in Waterloo, says as long as you apply proper protection the sun is the safest way to obtain a tan.

UV light from tanning beds is not artificial, the process is artificial, he said.

When joining a tanning salon there are a number of things to look for, he said.

"You want to find someone educated," said Gilroy. "Listen to the technician, and don't try to fight what they are saying."

Technicians are trained to know how much UVA rays different skin types can handle, he said.

"There are different timing factors for each bed."

The worst thing a client can do is

try and rush the tanning process, said Gilroy.

"Most people believe they have to burn before obtaining a tan," he said. "Burning the skin actually slows the tanning process."

Why do people desire a tan? In general, most people are concerned about their appearance. It can be assumed that people desire to be considered beautiful by others and to have more pleasant features.

"If you are going to tan whether it is indoors or outdoors just be smart about it," said Gilroy.

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Students learn how to outwit,

By TIFFANY MCCORMICK

Preparing to survive Canada and Conestoga was the order of the day as international students partook in the fourth annual Survivor Conestoga College on Oct. 3.

From 1-4 p.m. in the E-wing of the school, 70 English Language Studies (ELS) and second-language speaking students were engaged in seven information workshops.

They were: Community and College Safety, Harassment, Safe Relationships Boundaries, Healthy Sexuality, Healthy Eating, What you should know about Drugs and Alcohol and De-stress at the Recreation Centre.

The students were divided into colour-coded teams and given 12 minutes at each workshop.

The purpose behind Survivor Conestoga College is to inform students what on-campus services are available to them and introduce them to a general knowledge of Canadian culture as well as Conestoga.

Some of the services represented were Student Services, counselling, security and recreation.

Samantha Murray, manager and student adviser for international education, said the event is for the benefit of the students.

"We hope they become more independent, know what to do in certain situations and know what

boundaries are."

Murray said they also hope students will build relationships.

"There's a strong focus of community building," she said.

Ryan Ma, a level 3 ELS student, said the event was very exciting and that Safe Relationships Boundaries was his favourite workshop.

Coming from China, Ma said he knows in different cultures things are done differently.

"If I live in Canada I must know the Canadian culture," he said.

Melanie Reed, former co-ordinator of ELS and creator of Survivor Conestoga College, said the event began with students who were in need of counselling and those who were having trouble understanding relationships.

"It was to familiarize students with what's appropriate and what isn't," she said. "We wanted to make sure the students were safe."

Reed said there are many differences in each culture and some of the students assume many things.

"Some students think Canadian food is McDonalds and that's it," she said as an example.

Reed said the Healthy Eating workshop advises students where to buy foods from their own country, how to stay on budget and suggests healthy meals to cook.

Reed, who is happy the event has continued, said it's really for the students so they can adapt more

easily to Canada.

"Anything we can do to level the playing field for international students in the first semester is important," she said.

Student Services counsellor, Shawna Bernard, said the event is an outreach activity as it is important for the college to support international students.

"It helps people further adjust to Canada and studying at the college," she said.

Student Services held three workshops at the event: What You Should Know About Drugs and Alcohol, Harassment and Safe Relationships Boundaries.

Bernard said she knows it can be awkward for the students to ask for help in these areas but with the workshops students will be able to recognize the faces of service providers and hopefully develop relationships with the staff.

"We want students to know there are services available in the college," Bernard said. "That they're not alone if something happens to them."

Bernard suggested for international students to become more familiar with the college they should get to know the staff and students as well as the services, sports and clubs offered.

"Try to become involved with any activities on campus," she recommended. "Don't become isolated."

She said some students feel when they enter a new country they have to become a new person.

Bernard said students should remember the things they enjoyed in their home country such as sports and hobbies and bring them here.

"Learn about Canadian culture but maintain your own culture," she said.

Of the event itself, Bernard said that while all the workshops are equally important she feels healthy



Shore said she feels the event is a necessity to assist stu-

dents
t o
adjusting
to life in
Canada.

cating is a more pertinent issue.

"Food is so central to culture," she said. "Eating well and taking care of ourselves is very important."

Deborah Lee, a level 3A ELS student, said in her country they don't talk about issues the event discussed.

Being from South Korea and a first-timer to the event, Lee said the issues were easy to understand because of the workshops.

"I liked how there were events going on," she said, as each workshop had either a demonstration, game or visual to look at.

Leanne Holland Brown, student life co-ordinator, said the event is fantastic.

"Anytime you can help foster a student's positive transition to college is a wonderful thing."

She said it is a remarkable thing to see the students' enthusiasm and confidence when they are with their groups.

"It's really rewarding to see them getting answers to their questions," she said.

Pauline Shore, co-ordinator of ELS, said the event is very important as there are particular concerns when someone comes into a new culture.

"It's our responsibility to help them integrate," she said, "as international students tend to hang back."

"It's to build a sense of community in our area," she said. "And a sense of community between the class levels."

Shore said she hopes students will become more aware of the services, use them and will become better acquainted with their teammates.

At the beginning of the event students were given a ticket, and prizes were randomly awarded on breaks and at the end of the event. The catch, however, was students had to say one thing they learned from the workshops.

Prizes included items such as rice cookers, Canada scarves, Conestoga T-shirts and Tim Hortons gift certificates.

The event concluded with snacks and a social time for students to mingle with friends, new acquaintances, volunteers and faculty members.

Shore said she feels the event was a big success as each year the members involved are learning and honing their skills.

"The students really seemed to enjoy it," she said.

She hopes that for next year more diploma students will become involved and that the students will become more confident in knowing there are services here for them.

Shore said she wants the students to know that "everyone is working to make their school experience more special."



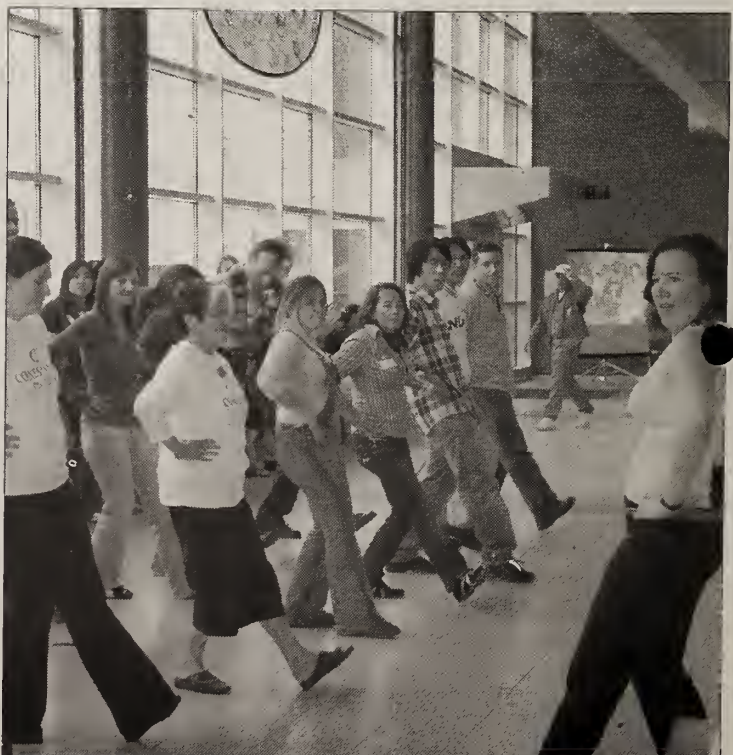
(Photo by Leanne Mountford)

As the crowd gathered, students got ready for a fun and informative afternoon. They talked amongst themselves and got to know their teammates and other students going through similar experiences of being in a new country.



(Right photo by Leanne Mountford, left and bottom photo by Tiffany McCormick)

Fitness technologist, Colleen Holmes, had students, staff and volunteers up and active in survivor's workshop De-Stress at the Recreation Centre. Holmes, who represents the rec centre, said it's important to make the students aware of the recreation facilities because fitness is everything. "It gives you long life and good health," she said. "Two very important things."



outlast and outplay Conestoga



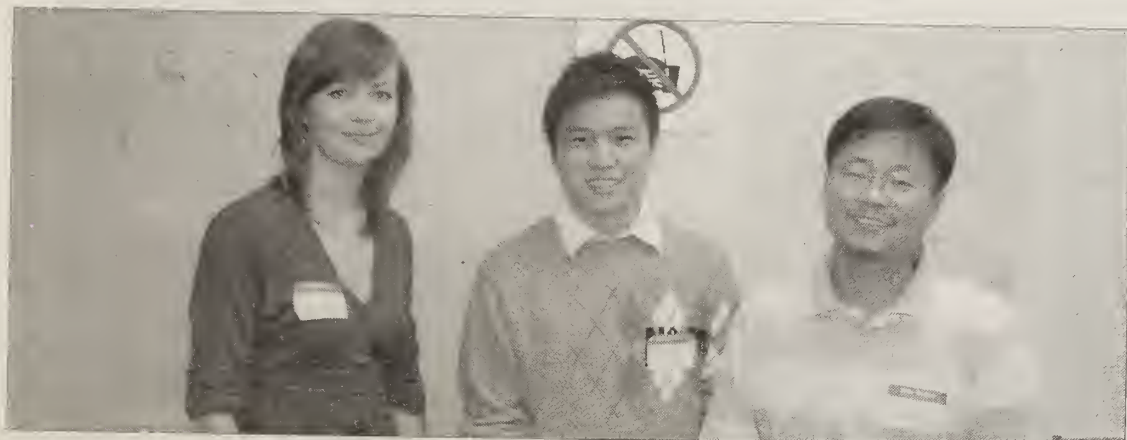
(Photo by Tiffany McCormick)

From left, Qiqi Liang, level 4 ELS student, Jill Chen, level 4 ELS student, Jane Liu, management studies student, and Crystal Zhang, level 4 ELS student, smile for the camera at Survivor Conestoga College on Oct. 3. Lui, who's been in Canada for nine months, said she enjoyed the event and likes being in Canada. "I feel like family here," she said of staff and students.



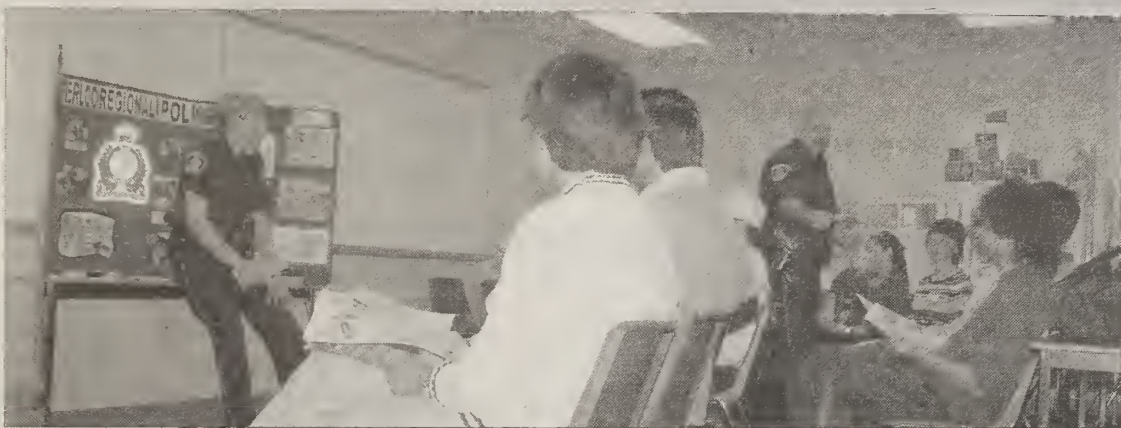
(Photo by Tiffany McCormick)

Aron Wang, level 4 ELS student, (left) and Ted Chen, management studies student, hold up the Canada scarf Wang won during the event. Before Wang and other winners could claim their prizes, they had to say one thing they learned during the event, held in the E-wing of the school.



(Photo by Leanne Mountford)

Kate Fraccek, level 3 ELS student, Aron Wang, level 4 ELS student, and Kyoung Kim, level 4 ELS student, worked together to come up with some quick and healthy meal ideas in the Healthy Eating workshop.



(Photo by Tiffany McCormick)

Police officers, Lisa Nyusa (left), and Jim Jensen of the Waterloo regional police Division 1 Kitchener, tell students about Canadian laws and how to contact the police in the Community and College Safety Workshop. Jensen said it's very important for students to know how to contact the police in an emergency.

By LEANNE MOUNTFORD

Imagine going to a new country, not knowing the language, not knowing where to go when you need groceries and not knowing how to get help in an emergency.

On Oct. 3, international students participated in activities to help them adjust to Canadian culture in an afternoon called Survivor Conestoga College.

From 1 to 4 p.m., English language studies students took part in trivia games, demonstrations and brainstorming at Doon campus.

They watched as teachers, counsellors and officers of the Waterloo Regional Police acted out skits and showed interesting displays split up into seven different categories.

The seven categories were:

1. Abuse

2. Drugs and alcohol

3. Healthy sexuality

4. Security services and Walk Safe

5. Safe relationships

6. Healthy and easy meals

7. Fitness and recreation

At the beginning of the stations, all students had the W-model explained to them.

Each point of the letter W represented the different stages when integrating to a new culture. They are:

1. Honeymoon — this is when a person is excited to come to a new place.

2. Culture shock — realizing the differences between your new and old home.

3. Initial adjustment — starting to learn and understand the new culture.

4. Mental isolation — feeling

alone and homesick.

5. Acceptance and integration — being accepted and fitting into the new culture.

Noraldien Emam, from Sudan, said he attended Survivor Conestoga College to take in the activities because he thought the information would be important.

Emam, who has lived in Canada for three years, said he wants to continue his education and eventually wants to take advanced English.

Jessie Lee, from Korea, attended Survivor Conestoga College four years ago.

"It helps adjust people to Canada," said Lee, who is in the accounting program at Conestoga College.

At first you feel excited about coming to a new place, but then you get homesick, she said.



(Photo by Tiffany McCormick)

Students discuss their answers in the What You Should Know About Drugs and Alcohol workshop, which was held in a quiz-show format. Housing adviser for the international office, Kelly Guthrie (back left), and Student Services counsellor, Joan Magazine (back right), hosted the workshop.

Survivor Conestoga College shows you that you're not alone, and shows you how to deal with the change, said Lee.

"It is very important to learn how you can protect yourself, how to eat healthy and learn about sexuality."

*Olia Andreyeva,
level 4 ELS student*

Students taking English as a second language are assessed and put into one of four levels.

Each level takes one semester to complete.

Giovanni Castell, who is in level 2, from Cuba, said the most inter-

esting part of Survivor Conestoga College was learning about STDs and the practice of safe sex.

"They don't pay too much attention to it in Cuba," said Castell.

Survivor Conestoga had lots of information about sex, health and safety, he said.

Olia Andreyeva, who is in level 4, from Belarus, said she liked the new activities and meeting different people.

It is very important to learn how you can protect yourself, how to eat healthy food and learn about sexuality, she said.

Andreyeva said she found that healthy eating was the most important topic of the afternoon.

Surprised by the amount of fast food in Canada, Andreyeva likes to cook homemade food.

"There's a lot more calories here," she said.

FREAK WEEK

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Sanctuary
11:30 AM
SALI

25
SCARY MOVIE
SANCTUARY 11:30 AM

SANCTUARY 11:30 AM
THE EXORCISM
OF EMILY ROSE

HALLOWEEN
27
Sanctuary
11:30 AM

SANCTUARY
9:00 PM - 1:00 AM

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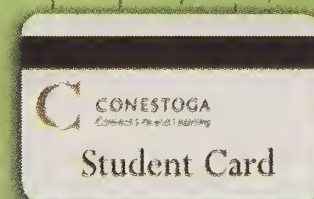
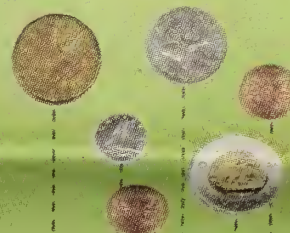
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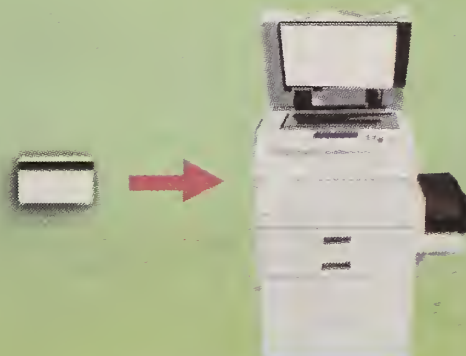
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GERRY WATSON POOL EXPERT

October 17, 2006

SANCTUARY 12 NOON

Place your bets

By ALLISON STEINMAN

It's a game involving 52 cards, plastic chips, betting and much more than dumb luck. Texas Hold'em poker is the most popular and most played variation of the game and is the primary game played at the World Series of Poker and the World Poker Tour.

Players are dealt two cards each face down, followed by five cards dealt face up in the middle of the table. The goal is to make the best five card poker hand using the seven cards available.

According to the website www.redhotpokertour.com, there are more than five million poker players in Canada today. Poker enthusiast Rob King is one of them.

"It's exciting," said King, who enjoys playing for money but thinks that free poker is fun as well. "Every game is a roll of the dice, nothing is ever the same."

King, who has been playing poker for about four years, said he taught himself how to play because he knows how to play every other card game so "Why not poker?"

"I'm kind of conceited when it comes to cards," he said. "I'm good at every game."

King barely hesitated before saying his favourite thing about poker is beating other people.

"It's about strategy, and I love embarrassing people," he said with a laugh.

Most of the time King's strategy seems to work. He has had many victories at the poker table.

Many poker players have a favourite hand on which they always bet, but King says simply if he wins with a hand, he likes it.

"My favourite poker hand is a winning poker hand," he said.

However, he doesn't deny that he has tasted his share of defeat, or what poker die-hards call "bad beats."

King reminisced about a recent loss he experienced in which his opponent had a higher hand than he

did only because of the fast card that was flipped over in the middle of the table, also known as the river card.

"I hate being sucked out like that," he said.

Being "sucked out" or "rivered" isn't the only thing that bothers King at the poker table. He lists players who don't know when to get out of a hand as one of his biggest poker pet peeves.

"I'm annoyed by players who can't tell when they're getting a move made on them," he said.

King is fairly confident when it comes to his goal to be a winner at the poker table.

"I work hard," he said. "I'm going to win it all."

He said it's all a learning experience.

"If you come out every week and you aren't learning something every time," he said, "you shouldn't be coming out at all."

King has ample opportunity to learn, because he does come out every week to tournaments in the Kitchener-Waterloo area. In fact, he plays poker five to six days a week most weeks, and he isn't the only one.

A co-ordinator at the Red Hot Poker Tour, an organization that runs free poker tournaments at bars throughout southern Ontario, said there are about 360 applicants a week.

"Running the tournaments is a really fun job and the hours are good," said Bryn Choppick, who has worked with Red Hot for a year. "But what I really like is the social aspect of the whole thing."

During a tournament Choppick has many responsibilities such as setting up equipment, making sure players are satisfied as well as following the rules and making sure everything runs smoothly.

"The element of luck is what draws people to the game," said Choppick. "But what makes them stay is the fact that after awhile you become skilled, and then you can play upon the fact that other people still think it's all about luck."



(Photo by Natalie Anderson)

Members of the RBC team cheered each other at the Family Fitness Centre in Kitchener on Oct. 3 at the Ride for Diabetes Research.

Ride for research better than last year

By NATALIE ANDERSON

The energy level was soaring in the Family Fitness Centre in Kitchener the morning of Oct. 2, as teams competed at the annual Ride for Diabetes Research.

Juvenile Diabetes Research Foundation of Canada (JDRF) had teams of five, from companies such as TD Canada Trust, Royal Bank of Canada and Clarica, as well as individuals, taking turns riding stationary indoor bikes for eight minutes for a total of 40 minutes per team or individual.

Team members raising a minimum of \$100 each in pledges, individuals raising \$1,000 or more and teams with a total of \$2,500 received incentives and perks, although most teams seemed like they were competing to show the most spirit and make the most noise.

Linda Thompson, a volunteer with JDRF, says the turnout this year was better than last year.

"This is my third year doing the ride and it seems a lot bigger this year," said Thompson. "There are a lot of (financial) corporations here ... and a lot of individuals."

Bill Klos, who has been volunteering with JDRF for four years, said the foundation relies mainly on word of mouth to get volunteers.

"The chairperson usually goes out and shakes the bushes, basically," said Klos. "Someone knows someone and they call other people they know."

Klos said he is a strong advocate of volunteer work and thinks more people should volunteer.

"I have a very close friend who since passed away from diabetes and I just figured it was time to do

something," said Klos.

Dave Kohler, who participated in the ride, said he was riding for a co-worker who has had diabetes for a long time.

"Our workplace decided we would put in three teams to raise money for a wonderful cause," said Kohler, who works at the Kitchener office of Clarica.

Klos said the ride used to be done at City Hall in tents set up outside.

"The problem was we had to get all the bikes down there into the tent," he said. "That became a real hassle. Then the man in charge invited us over here (to Family Fitness)."

Klos said the ride has been done at the fitness centre for three years now.

"Family fitness is very good to us. They're very generous. They provide space and they provide workers to help us out."

The long wait worth it for Locks of Love

By ANGELO MAZZIOTTI

One year is a long time for a guy to go without a haircut. Two years is even longer, but that's exactly how long Mike Figura will have to wait until he cuts his long curly locks. Figura has been growing his hair exactly one year to the day, and it is still nowhere near the length he wants it to be.

"I want it to be about 10 inches," he said. "It's only at about five now."

Figura is a hairstylist at Hairport Gallery who plans on donating his hair to Locks of Love, a non-profit organization that provides hairpieces to financially disadvantaged children under the age of 18 who suffer from long-term medical hair loss.

"I really can't think of a much better cause," he said. "Being a hairstylist, I see how important hair can be to someone. Kids especially can be really sensitive."

Most of the children who have been helped by Locks of Love have

lost their hair due to an incurable condition called alopecia areata, where ones' follicles are mistakenly attacked by their own immune system, which results in hair loss on the entire body.

"I really can't think of a much better cause."

Mike Figura,
hairstylist

Figura first heard of Locks of Love from one of his clients.

"A young girl told me about it," he said. "She was diagnosed with leukemia at a very young age and had lost all her hair through chemotherapy. It broke my heart to think of all the kids that must suffer from this. It was the least I could do to help out a great cause."

This is not the first time Figura will be donating his hair. Last November he had his first trim in

more than two years and donated all of those clippings to Locks of Love.

"That was the longest my hair has ever been," he joked. "People started wondering if something was wrong with me, it was actually pretty funny, but again it all goes to a great cause so it was worth it."

There are a few rules one must follow when thinking about donating hair to Locks of Love.

The organization's website states that all hair donated must be a minimum of 10 inches or 25 centimetres, and bundled in a "ponytail" or braid. Hair may be coloured or permed, but cannot be bleached or chemically damaged. Hair swept off the floor is not useable. If your hair is curly you can still donate it if, pulled straight, it reaches the length requirement.

"Apparently I qualify under all these rules," joked Figura. "But seriously, it is a great cause, and I would love to see as many people as possible get involved." For more information visit info@locksoflove.org



(Photo by Angelo Mazziotti)

Mike Figura, a hairstylist at Hairport Gallery, will be donating his hair to Locks of Love to benefit financially disadvantaged children under the age of 18 who suffer from long-term hair loss due to medical conditions.

Night Terrors features Barn of Fear

By MEGHAN KRELLER

Although Kim Glo's Farm started off as a pumpkin patch where families picked out their perfect future jack-o-lantern, it is now much more, said co-owner John Snyder.

By day, families can be entertained with activities such as hayrides, clown shows, a petting zoo, a corn maze and much more at Kim Glo's Family Fall Festival. But when darkness falls, although everyone is welcome, prepare to be scared if attending Kim Glo's Night Terrors, said Snyder.

Night Terrors consists of the Corn Maze, the Barn of Fear and the Trail of Darkness.

The Corn Maze has evolved from one acre to almost five. Although now it remains pretty plain, in the future, Snyder said, he would like to see scenes along the paths similar to the Barn of Fear.

The Barn of Fear features scenes around every corner. Groups that walk through looking at scenes of corpses, vampires, werewolves and more are in for a surprise, said Snyder.

"The best part about it is you never know which ones are real and which are props," he said.

Although the same barn is used during the day and night, it's much more toned down during the day,

said Snyder. At night, the amount of actors in the barn triples for more chances to make people scream.

The Trail of Darkness is a 40-minute hayride that also features a section of walking through portions of a bush and a corn field. However, those on the ride aren't alone, Snyder said.

"We have about 26 actors out there who will do some pretty crazy stuff," he said.

Snyder, who is also one of the actors, said although it's impossible to scare each and every person, everyone always seems to come out entertained.

"When there's a wagon with 50 people on it you probably aren't going to scare everyone," he said. "But the people who aren't getting scared are either having fun watching other peoples' reactions or looking at cool stuff, we do along the way."

Scenes along the ride don't only consist of attempts to make people jump, but flames, pneumatics and much more, said Snyder.

"Although most of the guys aren't as jumpy as the girls, we hear a lot of oohs and awws coming from them," he said.

This October marks Snyder's fourth Halloween season co-owning the farm, located on the outskirts of Kitchener, just off of Cedar Creek

Road. He, along with his first cousin, Jeff Beachler, bought the property from the original owner who had been running the farm since 1990.

Since their reign, Snyder said the cousins' focus has been mainly on the nighttime attractions.

"The daytime activities had already been pretty well established," he said. "They had started the nighttime model before we came along but it was pretty small potatoes."

Snyder said growing these activities has brought a different, older, crowd to Kim Glo's. Parents who bring their kids during the day will return at night with a group of friends and leave the kids at home, he said. Snyder also said he hopes, by growing Night Terrors, they will eventually become the main attractions, said Snyder.

"When all my ideas are made into a reality the nighttime activities will definitely be our specialty," he said.

Snyder said, although they try to add something new every year, circumstances don't always allow that to happen.

Business has almost doubled since the cousins started running the farm four years ago. Snyder said about 12,000 people visited the first two years and about 20,000 last year. As for this season, Snyder said the more the merrier but, as always, he is



(Photo by Meghan Kreller)

Although co-owner of Kim Glo's Farm, John Snyder, feels comfortable cosying up to one of his props in the Barn of Fear, those who enter after dark should beware.

depending on Mother Nature to be on his side.

"When you see a significant rise in attendance it's usually because of a significant rise in temperature," he

said. "It's all about the weather."

For information about entrance fees and hours of operation visit www.kimglo.com/fall06.htm

Bring the tricks, the Stag Shop will supply the treats

By SUMMER MCPHEE

Trick for Treats, perfect for house parties, clubs and the boudoir is the Stag Shop's slogan for promoting their sexy selection of Halloween costumes.

Sheri Snyder, manager of the Stag Shop on Hespeler Road in Cambridge, said there are a couple of costumes that the Stag Shop carries year-round, including the nurse costume, school girl costume and the French maid costume.

"Those are the three that are bedroom costumes," said Snyder.

She said around this time of year the Stag Shop costume suppliers send what are still considered bedroom costumes, but women who want to wear something a little more risque for Halloween will come in and buy them.

"A lot of younger girls who have really nice bodies are coming in and buying the costumes," said Snyder.

She said popular costumes are the firefighter, paramedic and NASCAR girl.

"We have a costume that is called the dark cowgirl which includes chaps and black, shiny material and we're sold out of them," said Snyder.

She added a Mounties' costume is popular with men.

"Men typically come in because they're dragged in by their girlfriends to find a matching costume," said Snyder.

She said in general guys are usually here to get their girlfriends into skimpy outfits.

"They will look at our costumes but it takes a special guy to actually wear the male's costumes, (because

they are very tight)," said Snyder.

She said, however, that they do cover most of a guy's body.

"Of course, the girl costumes are always much more revealing than the guys," said Snyder.

Usually someone who is purchasing a Stag Shop costume will be wearing it to a bar or a private house party.

What makes their costumes unique is that they are sexy and not generically made so you can buy sized costumes.

"Everything is sized in small, medium or large so you can find something that will appropriately fit you and flatters your body nicely," said Snyder.

The fact that the costumes are more revealing also makes them different.

However, Snyder said, "they're not revealing to the extent that your boobs are hanging out."

"They came out with some really cute ones this year like the gangster girl or the native girl," said Snyder.

The store also carries plus-size costumes which are tamed down and more covering.

Shari Macintosh, 22, a regular customer at the Stag Shop, said she likes their Halloween costumes because they are sexy.

"Halloween is an excuse to show a lot of skin," said Macintosh.

She said the only place she would wear one of their costumes would be at a club or in the bedroom.

"It's not something I would wear at a family get-together, with the kids, sharing Halloween candy," said Macintosh.



(Photo by Peggy O'Neill)

Paul Taylor, manager of Woodlawn Memorial Park, kneels beside one of the tombstones of a First World War soldier, who was killed in action.

History lives at Woodlawn Memorial Park

By PEGGY O'NEILL

Has a name on a tombstone ever intrigued you? Maybe a name sounds familiar, but you just can't remember why? If historical figures interest you, the perfect way to learn more about them is on a spirit walk.

Woodlawn Memorial Park in Guelph, one of the largest and most breathtaking in Ontario, holds a spirit walk every September.

Woodlawn had a partnership with the Guelph Civic Museum for about 20 years. The museum was starting to try and educate children and youth on cemeteries and their importance to a community. After a few years the two groups came up with something called the spirit walk.

The event, which happens once a year in September, is a guided tour throughout the park by actors who are playing the roles of past historic community members.

Paul Taylor, manager of the spirit walk, said the walk attracts all generations of people.

"Children enjoy it because of the costumes and some of them are rel-

atively funny," he said. "And the elderly get involved because they sometimes remember the real live person when they were still living."

Taylor and the staff at Woodlawn started the spirit walk because they felt that this generation hasn't been getting the proper education on cemeteries. Sixty or 70 years ago parents used to bring their children to cemeteries after Sunday church where they would give their respect and usually run into other neighbours, so it was a day to meet people and talk with friends.

Today, however, Taylor thinks there's a whole generation of people who don't know anything about cemeteries except for what Hollywood teaches them.

"We're trying to teach our children that cemeteries are a resource of history and that if it wasn't for the people who are buried in Woodlawn, Guelph wouldn't be the community it is today," he said.

Taylor feels that we should never take for granted the deceased or the history of their past.

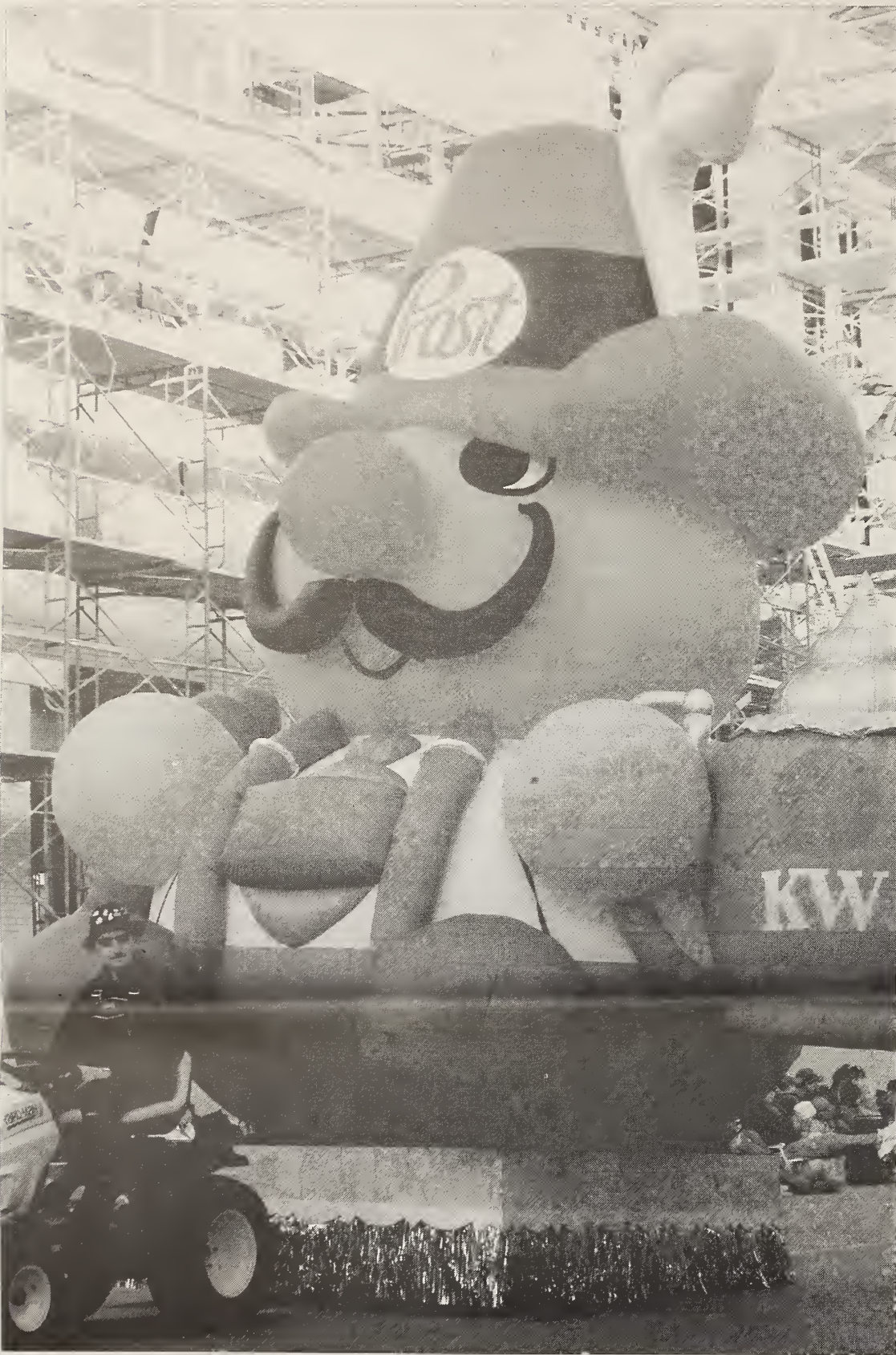
"If we forget, we're doomed to repeat," he said.

The staff at Woodlawn had an excellent turnout this year for the spirit walk, but it will be the last one for a little while. Taylor has decided to run the walk every five years now instead of every year. It gives the actors more time to research the character they are playing and get everything just right.

Taylor will be running other events instead such as releasing doves on Mother's Day and a blue Christmas event, where people come in after dark just a week before Christmas, light candles and walk around the cemetery singing Christmas carols. They even bring in a women's choir to sing. Taylor said that next to the spirit walk, the blue Christmas event is popular because the same families usually come back year after year.

Taylor thinks the events at Woodlawn can be pretty emotional for most people visiting.

"There's a certain amount of emotion, but it's not a sad emotion, it's more happy," he said.



The inflatable Onkel Hans, the loveable Oktoberfest mascot, is a crowd favourite.



The annual Kitchener- Waterloo Oktoberfest Thanksgiving Day Parade has a duo purpose, celebrating the turkey-eating holiday as well as the beer-drinking, sausage-eating festival.

Photos by Meghan Kreller



VIA Rail is one of the many participants that sponsors the parade.



Cambridge's Preston Scout House Alumni Band performs.

Bands a favourite at Thanksgiving parade

K-W comes together for age-old tradition

By CHRISTOPHER MILLS

The weather could not have been better for the patrons who gathered to take in the 32nd annual K-W Oktoberfest Parade on Monday morning.

The parade, held on Thanksgiving Day each year, covered five kilometres of King Street, from uptown Waterloo to downtown Kitchener underneath clear, blue skies and sunshine. Crowds as deep as five people in some places clapped and joined in songs as local celebrities and holiday icons made their way past.

Kitchener Mayor Carl Zehr and his wife waved to the crowd and wished them a happy Thanksgiving from their seats in the back of a pickup truck. Waterloo Mayor Herb Epp took a more traditional approach, opting to travel the parade route on foot.

Also featured in the parade was Lyndsey Weber, the newly-crowned Miss Oktoberfest 2006. Weber received the title at a gala dinner on Sept. 29, a title that carries with it local recognition and a busy week of public appearances, as Miss Oktoberfest is the second-most requested icon during the festival.

The most requested icon is, of course, Onkel Hans. The orange-skinned man in lederhosen is the face of Oktoberfest, and the float featuring the inflatable version of the moustached German character always gets the parade kicked off in style.

The parade is the centerpiece of the weeklong festival to celebrate Kitchener's rich German heritage, as evidenced by the presence of the city's prominent German clubs.

The Concordia Club, the Schwaben Club, the Alpine Club and the Transylvania Club all had members and supporters participating in the event.

"There was a lot of local talent (in Kitchener's parade) and it was a hometown crowd, which is alright because it brings people together."

*Shelley Bosch,
Kitchener resident*

The Concordia Club, the biggest of the four, is responsible for bringing Oktoberfest to Kitchener. Celebrations of the German event began at the club in 1969, and its founding fathers decided to turn it into an event benefiting the entire community.

The result was a tradition that is now the largest North American celebration of the Bavarian festival. What was once a weekend-long event in one festhall has grown into a nine-day event in 15 festhalls, drawing more than 700,000 people.

People like Rosemary Reyner of Kitchener have been going to the parade for years.

"We come every year," she said of herself and her husband. "We love bringing our (10-year-old) grandson"

Reyner said her favourite part of the parade is the bands, a sentiment shared by Shelley Bosch, also of Kitchener.

"I personally like the bands, although the parade used to be better back in the '70s, when

Oktoberfest was really big," Bosch said. "There were a lot more international bands; the parade itself was bigger and longer, but after 30-odd years, I always like coming to the parade, even if it's really cold."

Bosch's argument was valid, as there was only one big international band in the parade, the Philippine Heritage Band. Featuring adults and children of all ages, they entertained the crowd with their rendition of John Williams' theme from Superman.

One gentleman from Florida, who declined to give his name, was in Kitchener visiting relatives. He said that Thanksgiving is celebrated on a more national scale in the United States.

"There was a lot of local talent (in Kitchener's parade) and it was a hometown crowd, which is alright because it brings people together," he said.

Thanksgiving is a special time because its meaning is unique to each individual.

"It's a time when we should be giving thanks for everything that we have here in Canada," Reyner said.

For some, the meaning is much deeper.

"Thanksgiving is a very spiritual thing for me," the visitor from Florida said. "It means giving thanks to God for the life that we have and for the ability to share the gifts that we have with other people. That's important to me."

For others like Bosch, the meaning is simpler.

"It means the end of the fall and the start of the winter," she said with a laugh.



(Photo by Meghan Kreller)

Various area German Clubs were represented at the parade such as the Alpine Transylvania, Concordia and Schwaben clubs.



(Photo by Meghan Kreller)

Miss Oktoberfest, Lyndsey Weber, is an English student from Wilfrid Laurier University.



(Photo by Meghan Kreller)

The Ceremonial Band of the Waterloo Regional Police Service showed off its skills during the parade.

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Eerie DVD a must-see

By JON MOLSON

The goal of every horror film is to achieve an emotional connection with its audience that is strong enough to invoke humanity's most primal fears and vulnerabilities without losing the ability to be entertaining. When done successfully horror films don't just create a world to be looked at, but a world that surrounds and immerses the viewer.

The original *Omen*, released in 1976, is considered by many to be one of the better modern day movies of this genre. Its story centres on the birth of the Anti-Christ, who is named Damien (Harvey Stephens) and raised by an unsuspecting American couple in England. Damien's arrival is foretold in the Book of Revelation, which lists a series of signs or omens as a warning to all of humanity. The movie is somewhat vague regarding Damien's master plan to eliminate the human race, but it does involve a state of political turmoil and a series of wars as a result of this disarray. Despite its popularity, certain aspects of this movie have in recent years seemed a little dated, and fittingly enough, on June 6, 2006 a modern day version of the film was released. The 2006 interpretation is coming out on DVD on Oct. 17.

This new version of *The Omen* is faithfully accurate to the original, with the exception of a few minor revisions as well as additional scenes, which allows further progression for character development and the overall plot.

Without revealing too much of the plot, the 2006 version of the movie begins with the discovery of three flaming comets by a Vatican Observatory Priest. This is followed by scenes displaying a series of tragic modern day events, such as the explosion of the Columbia space shuttle, Hurricane Katrina, the tsunami that devastated coastlines across the Indian Ocean and the terrorist attacks on Sept. 11. Frantically priests and scholars attempt to decipher the meaning behind these events through references stated in the Bible and their conclusion, which is explained to the Pope, is that the birth of the Anti-Christ has occurred.

While all of this is going on Robert Thorn, a senior American diplomat, played by Lieke Schreiber, is informed at a hospital in Rome that his newborn son has just died. Distressed by the news he agrees to an unusual request by the hospital priest to adopt a child who has just lost his mother because of complications during labour. Thorn agrees to keep the adoption a secret from his wife Katherine (Julia Stiles) and lets her believe that the child, whom they name Damien (Seamus Davey-Fitzpatrick), is their own. Robert eventually receives a prominent political position in England where the three of them settle down and hope to live in quiet prosperity.

In the '70s version a series of still photographs effectively show Damien growing up, but in the remake it is done through a montage of home movie clips, which proves to be even more successful in its stylistic approach.

Everything is going great for the Thorn family until the unexpected suicide of Damien's nanny at his fifth birthday party, which sets off a chain of terrible events to come, but that is as far as I will go involving plot description.

What I liked most about the remake is the way it adds more depth and humanity toward its main protagonists. This is done through scenes that are more emotionally driven, such as Robert's guilt about his sudden rise in the political world, Katherine's fears about having another child and even the motivations of Keith Jennings (David Thewlis), a photographer who is so obsessed with his occupation he uses both film and digital methods to capture his subjects. One scene in particular shows Robert questioning his wife's desire to hire another nanny and it allows for additional growth as well as insight for both characters.

The chemistry, in both versions, between Mr. and Mrs. Thorn is also captured quite well, making the couple very likable. Right from the beginning they seem to display a lot more love and affection toward each other than for their only son, but



(Internet photo)

The 2006 version of *The Omen*, starring Harvey Stephens as Damien, is set to hit shelves on Oct. 17.

given the circumstances who can really blame them?

And regarding the character of Damien there is no obvious choice for a better performance between the two young actors playing the part. Both have a commanding presence in their depiction of the devil's son and Damien's lack of significant dialog creates a delightfully eerie effect throughout the entire duration of the film.

Despite the classical appeal held by the original *Omen*, the remake is by far a superior motion picture. It takes an almost religious approach in honouring the storyline of its predecessor and the few modifications that are made allow for a more complete as well as diverse film to be presented. Both movies, however, place a lot of effort into developing their characters and this creates an added level of mystery throughout the film. It also prevents the horror movie from falling into the trap of just having sacrificial lambs for certain character roles. This strong affection for a few characters allows the *Omen* to maintain a high level of suspense right up to the very last scene, which makes either version of the film a worthwhile experience for any cinema fan.

Wind turbines: a testament of our time

It is a folly I witness all too often: motorists park and vacate their vehicles, inadvertently leaving their engines running for five minutes or more while they leisurely fulfill their errands.

Another habit that quite perturbs me is the incessant use of electricity where not needed. For example, when I happen to pass a rather large house after dark and it seems as though every room is lit inside, I often wonder whether such unrestrained use of illumination was really necessary.

Such misuse of the resources that our developed society is so fortunately laden with has led me to ask some gruelling questions: do people realize that, on a large scale, such habits have adverse effects on the environment? Do they ever reckon that perhaps an act as simple as turning off the engine when their car is idling in a parking lot or ensuring the lights are off in vacant areas of their home are at least two steps in helping to restore our pristine environment? If we cannot learn to conserve energy, then alternatives to electrical generation must be implemented to both meet demands and rehabilitate the damage our environment has sustained.

Fortunately, while exploring Melancthon Township, where Canadian Hydro Developers Inc. has erected approximately 112 wind turbines, I am overcome with relief as I witness what could potentially replace antiquated coal-fired power generation: the wind turbine, a revolutionary prophecy. Omnipotent and graceful, three 37-metre blades revolve rhythmically.

Despite such a picturesque visage, turbines have the capacity to help reverse environmental damage while replacing Canada's main supplier of energy: coal.

According to the Canadian Wind Energy Association, Canada's greenhouse gas emissions have increased over 20 per cent since 1992. I find this statistic shocking considering our country is aiming to reduce such emissions by six per cent as part of its commitment to the Kyoto Protocol, ratified on Dec. 17, 2002 by the Liberal government.

A formidable approach in reducing carbon dioxide and other volatile gases would include a gradual replacement of harmful power generating methods with renewable sources, particularly wind. Wind is efficient because it is natural, readily available and is converted from kinetic energy to electrical energy without combustion.

Turbines would be a superior alternative to coal-fired power generation, which emits 22 toxins during combustion, according to the Central Research Institute of Electric Power.

I am appalled that our economy continues to depend heavily on



Holly Featherstone

Opinion

such a repulsive substance to supply most of our power, especially if the government must reduce emissions by all of six per cent.

Wind power, though a plausible solution to an economic dilemma, is unfortunately not immune from societal complaints. Such scrutiny involves everything from cost of implementation to visual esthetics. I am lead to believe, however, that such complaints stem from anxious individuals who either fear change or simply do not care about the environment.

We must think realistically in terms of reflecting on our personal energy consumption. Unless we

learn to avoid unnecessary use of hydro, renewable energy is clearly our future.

With regards to cost concerns, the Ontario Power Authority claims that it currently costs up to 12 cents per kilowatt hour to generate power via wind, but bear in mind that there are no fuel costs associated with operating turbines. In fact, operating costs decrease every year by five per cent.

Upon initial integration to the power grid, turbines may seem costly, but they are economically-feasible by providing employment and generating revenue for property owners whose land occupies a turbine.

Can we really put a price on our environment though? Nature is invaluable and any investment toward restoring what we all too often abuse cannot possibly be unjust no matter the monetary implications.

Furthermore, I fail to see how turbines could be regarded as "visual pollution." We should consider the function and long-term benefits of such amiable structures before resorting to hasty conclusions regarding visual esthetics. I seldom hear of complaints regarding highways congested with gas-gluttonous automobiles. Isn't that a more befitting example of "visual pollution?" Perhaps not until we find ourselves asphyxiating on our own tainted air.

According to the Ontario Ministry of Natural Resources, wind power has the capacity to displace 850,000 tonnes of carbon dioxide emissions produced annually. Bear in mind that the average automobile emits 100 tonnes or carbon dioxide annually.

Consequently, in order for Canadians to appreciate the implementation of wind power, we must foresee the long-term benefits it will provide to our economy, our environment and ultimately, our health.



(Photo by Holly Featherstone)

In Melancthon Township the turbines stand near hydro poles.

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HEART AND STROKE FOUNDATION

Evanscense will not fade

By ADAM HANNON

The word Evanscense means to gradually fade or disappear. While the American quartet seemed to have disappeared, they're back, and it doesn't look like they'll be fading away anytime soon.

Their new release *The Open Door*, is the band's first studio album since their 2003 major label debut *Fallen*.

The album starts off strong with the hard rock anthem, *Sweet Sacrifice*. In typical Evanscense style, the track combines Amy Lee's haunting soprano with the blasting rhythm guitars of Terry Balsamo and John LeCompt.

It is a testament to the cohesive writing duo of Lee and Balsamo that *Sweet Sacrifice* manages to be heavier than the band's previous rock songs, such as *Bring Me to Life* and *My Tourniquet*, while retaining all of the heartfelt sincerity of the band's 2003 piano ballad, *My Immortal*. Lee shows excellent vocal control, and sings with much more confidence in her higher register than she did on *Fallen*.

In the mid-tempo number, *Call Me When You're Sober*, Amy Lee openly expresses her feelings toward ex-boyfriend Shaun Morgan of Seether, with such lines as, "Don't cry to me/If you loved me/You would be here with me," and "Couldn't take the blame/Sick with shame/Must be exhausting to lose your own game."

At first, *Weight of the World* seems to be a fairly straightforward hard rock song. However, it also features notable orchestra parts and a heavy interlude featuring graceful operatic vocals by Lee.

The fourth track, *Lithium*, deals with Lee's willingness to deal with her pain instead of trying to subdue her emotions. This is clear in the chorus when she sings, "Lithium-don't want to look me up inside/Lithium-don't want to forget/How it feels without/Lithium-I want to stay in love with my sorrow/Oh but God I want to let it go."

Cloud Nine starts off with eerie sound effects, combined with synthesized drums and bass, to create a unique sound. Lee's distorted vocals during the song's verses also adds to this effect, making *Cloud Nine* a good place to be indeed.

In an interview with VH1.com, Lee explained that *Snow White Queen* is written through the eyes of a stalker she had. This is a definite standout track because of the way the band manages to combine one of Lee's most beautiful and powerful vocal performances to date, with truly creepy lyrics and imposing music and electronic effects. The end result is one of the band's strong performances so far.

Many of Lee's lyrics are influenced by her feelings of sadness, pain or discontentment. On *The Open Door*, Lee and Balsamo have managed to bring these two influences together seamlessly. The album's seventh track, *Lacrymosa*, actually features some of the music from a Mozart piece, in addition to the guitar music written by Balsamo. The orchestral parts in *Lacrymosa* are borrowed from the section of Mozart's *Requiem* of the same name. Lee's lyrics describe

feelings of loss and pain, which suit's the name of the song well, because *Lacrymosa* means, "related to sadness."

In the piano-driven ballad, *Like You*, Lee takes the listener on a journey of deep introspection and mourning. The lyrics tell the story of a person who has lost the one they love, and by the end of the song, seems on the brink of suicide. This is apparent in the lines, "I long to be like you/Lie cold in the ground like you/There's room inside for two/and I'm not grieving for you/I'm coming for you."

In the lyrics of *Lose Control*, Lee expresses her desire to throw away her stress and concerns. However, her vocal performance on the track doesn't do the lyrics justice. This is not to say that her performance was poor, per se. It's just that her soft and eerie vocal delivery throughout most of the song doesn't seem to fit the idea of losing control very well. The music for the song, however, adds a level of suspense and tension which helps to tell the tale of the song, perhaps even better than the lyrics. At some points, it sounds almost as if the guitar itself is going crazy, and losing control.

On *The Only One*, an orchestra once again accompanies the band. Lee expresses feelings of hopelessness felt by herself and others, but cries out that they need to carry on, with the lines, "Don't look down into the eyes/of the world beneath you/Don't look down, you'll fall down/You'll become their sacrifice." The song is convincingly sincere and emotional, although it would benefit from being slightly faster. The slow tempo of the song, as well as the gentle vocal delivery of the first verse, might be enough to make some listeners lose interest in an otherwise solid track.

The 11th song, *Your Star*, is perhaps the album's weakest link. Although it has some interesting guitar and choral parts in the songs interlude, it lacks a catchy enough melody to really stick in your head. The slow, beautiful vocal melody in the first verse is, unfortunately, also slow and boring.

All That I'm Living For starts off strong, with the heavier guitar and emotional vocals that make up the song's chorus. The verses, however, are disappointing. This is mostly because the verses lack any real groove or distinctive music parts to accompany Lee's voice. Despite its flaws, *All That I'm Living For* is one of the best tracks on the CD. It's nice to see such a good track near the end of the CD, since that is where most artists put their chaff and filler songs.

The last number, *Good Enough*, is a unique Evanscense song. This is because it is probably the only song the band has released which expresses feelings of happiness and contentment instead of ones of sadness, pain and anger. Instead of heavy guitars and drums, the track features piano and orchestral strings as the only accompaniment to Lee's voice, giving the song a very relaxing vibe.

This is a solid album that is a lyrical step forward from *Fallen*, and has many excellent tunes.

After making a CD like this, Evanscense will not fade too soon.



(Photo by BJ Richmond)

Parade practice

Second-year broadcast student, Jordan Corcoran, adjusts a camera as he directs his classmates Andrew Reville and Randy Sachs during their dress rehearsal for their coverage of the Kitchener-Waterloo Oktoberfest Parade on Thanksgiving Day.

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✓ HEADACHES

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✓ TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

✓ DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs



HEART
AND STROKE
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medical attention
if you have any of
these symptoms.



Salsa isn't just a dance, it's a movement

By JENN SPRACH

A person who shouldn't dance salsa doesn't exist, said a Waterloo dance and language instructor.

"I've seen a person in a wheelchair dance, a person on crutches dance and a blind person dance," said Jen Kozak, who has been teaching dance for five years and dancing it herself for seven.

All a person needs to salsa dance is passion, said Kozak.

"As long as you have fun on the floor the rest will come."

The salsa experience will change your life, she said, adding it's a very welcoming, friendly environment open to all skill levels.

Kozak was first introduced to salsa dancing on a beach in Cuba while on vacation.

Her best friend was from Ecuador and loved to dance. "He infected me with the salsa addiction."

Salsa is more than a dance, it's a movement, said another salsa instructor who has been teaching for two and a half years.

"It's hot, steamy and sexy," said Looey Tremblay, inventor of the elemental system of salsa dance.

Using this system you learn to dance by elements or one step at a time, said Tremblay.

Everyone who can walk, can salsa dance, he said.

"All you need is slippery shoes and a will to become part of the salsa movement."

The salsa scene is all about meeting new people, mingling, having fun and great energy, said a part-time dance instructor.

"All you need is a passion for music and the will to learn and have fun, said Pat Gillies, 50, who has been teaching dance for two and a half years. However, she added, "You have to be prepared to practice."

A second-year Conestoga College practical nursing student finds it fun in a friendly, relaxing atmosphere.

"I first came out with a friend out of curiosity and to try new things," said Ovi Moga.

He has been dancing ever since, for approximately a year.

Dan Cesario, 30, described salsa as an uplifting and exhilarating experience.

"I come for the music, the fun and to look at the girls" the

Waterloo man said.

Deanne Eckert, of Waterloo, said she loves it. "I love the music and I love to dance."

She first came out because her husband had always wanted to try it. "My husband had to twist my arm," she said.

Carlos Silva, 25, of Kitchener, said he comes out to keep in touch with his roots.

"I've been dancing since I was in my mother's belly."

Places people can go to learn salsa dancing for free include the E bar, at 41 Quebec St., in Guelph.

It has free lessons at 9 p.m. every Wednesday night. There is a \$5 cover but water is free.

The Flying Dog, at 341 Marsland Dr., in Waterloo, gives a free lesson at 8:30 p.m. every Thursday night.

On Friday nights The Club, at 130 King St. S., in Waterloo, offers free lessons at 9 p.m.

There is a dress code in effect for these places which includes no hats, no running shoes, no jerseys and no ripped jeans.

For more information check out salsaontario.com or e-mail Jen Kozak at kozy_j@hotmail.com



(Photo by Jenn Sprach)

Jen Kozak and Looey Tremblay demonstrate how to dance the salsa at the Flying Dog in Waterloo on Oct. 5.

Saosin lives up to hype on long-awaited debut

By AARON SCHWAB

Every now and then, an album debuts after having its release date postponed for what seems like forever. During this long waiting period, albums like this often become so over-hyped, that expectations far exceed the final product. The self-titled full-length debut album from Corona, CA's Saosin, is one glaring exception to this depressing pattern.

Saosin's (pronounced SAY-oh-sin) debut album was released in North America on Sept. 26, but was in the works since the band formed over three years ago.

The band recorded, self-produced and independently released two EPs prior: 2003's *Translating The Name* with original vocalist Anthony Green and 2005's promotional five-song disc that was distributed for promotional purposes on the 2005 Vans Warped Tour, and was therefore nicknamed the *Warped Tour EP*. All the while though, the band - guitarists Justin Shekoski and Beau Burchell;

drummer Alex Rodriguez; bassist Chris Sorenson; and vocalist Cove Reber who joined the band in mid-2003 - had made promises that a full-length CD was in the works, and this year they finally delivered what Shekoski calls the album they've been working on their whole lives.

The album, which has been called the "Chinese Democracy of emo" (after the Guns 'n' Roses album written almost 12 years ago that has yet to see the light of day), showcases Saosin at their absolute finest - and, considering the sheer co-ordination and tight songwriting of this band, that's saying something.

Until this full-length album, Saosin had never had the desire nor the resources to work with a major label producer, and were reluctant to take one on for their Capitol Records/EMI debut. But the sheer knowledge and passion producer Howard Benson has for music shows immensely on this disc.

On Saosin's independent releases, their sound is still incredibly

tight, displaying incredibly well co-ordinated play between the two lead guitars and drummer. With Benson at the helm on the new disc, however, the band has managed to refine their sound and technical prowess to an almost uncanny level; every single guitar is placed perfectly in the mix, every drum fill playing off of the bass guitar, every vocal melody perfectly synchronized with the rhythm. And I'm not just gushing about this band because I've loved them since I first heard their first EP; whether or not you like this album, it's impossible to ignore the results of the unreal amount of time put into its completion.

Musically, each of Saosin's five members have honed their skills significantly for this record; Sorenson's bass playing has changed the least of all the members, but even he can be heard playing the odd scale-based riff along with his usual straightforward, chord-driven style. However, simplicity may be Sorenson's greatest asset; with two very intricate gui-

tarists and an equally detailed drummer, a simple and driving bass line is almost always what's needed to hold the songs' rhythm together.

Shekoski and Burchell's guitar playing can be described as just that: intricate. The band has nicknamed Shekoski "diarrhea hands" because of his constant refusal to play the same note twice in succession. Burchell is not without his own demanding lead guitar parts, which are often played in harmony with Shekoski's.

On Saosin's two previous EPs, Rodriguez' perfected his ability to sound like he has more arms than he has pieces on his drum kit; drum roll after fill after double-bass beat, he astounds further on the new album, placing fills more strategically to work with the guitar harmonies and rhythm.

The greatest improvement on the new album is seen in Reber's vocal melodies. Reber, the youngest member of Saosin (but not by much) at 21, had some incredibly big shoes to fill when Anthony Green left Saosin as original vocal-

ist to sing in *Circa Survive*. Somewhere between last summer's *Warped Tour EP* and the release of the new full-length, he not only filled those shoes, but outgrew them by at least three sizes.

What's most notable about Reber's vocal performance on the new album, however, is a complete lack of screamed or shouted vocals - something rare to behold within a band that's often lumped in with the California hardcore scene. Reber, to most ears, has a very high voice, but has managed to balance quiet falsetto with lower-ranged crooning.

Saosin has pulled out all the stops on their self-titled debut full-length, and it just goes to show that bands nowadays can still make it to a major label on a strong do-it-yourself work ethic, and do it without compromising their musical values and visions for the sake of record sales. At an average age of only 22, Saosin is just scratching the surface of what promises to be a long and fruitful musical career.

Heartbroken British rocker is indeed Blunt

By KRISTIN GRIFFERTY

For a boy from across the pond, James Blunt seems to be doing pretty well for himself.

Toronto fans were treated to a passionate performance from the British singer at the Air Canada Centre on Oct. 3.

Singing songs from his hit album, *Back to Bedlam*, Blunt played hit after hit to an almost sold-out crowd.

The singer, whose most popular song called, *You're Beautiful*, brought him instant fame, is slowly becoming a reputable artist.

Blunt hails from Tidworth, England where his prior gigs ranged from guarding the Queen to serving with the British military over in Kosovo.

At the ripe age of 14, Blunt picked up his first guitar, and has been playing about his experiences and heartaches ever since.

Thankfully for his fans, Blunt was recognized by music mogul Linda Perry and was given the opportunity to record an album.

It is that album that brought Blunt to Toronto for the second time, first to Massey Hall in 2005 and now, to

the much larger crowd at the Air Canada Centre.

Blunt opened with some new material but quickly got into some fan favourites, including *Tears and Rain*, *Goodbye My Lover* and *So Long Jimmy*.

After starting the North American tour leg of his world tour in Ottawa the previous night, Blunt was in fine form.

He confidently tested some new material that was well received from fans.

He also added a few well-known cover tunes from his own influ-

ences, Elton John and the Pixies.

While the audience remained captive in their seats for the majority of the performance, there were times Blunt was able to get them off their feet. Whether it was giving him a standing ovation, or getting into the few upbeat numbers he performed, the crowd appeared to be thoroughly enjoying themselves.

The only time the crowd was slightly restless or unimpressed was during the opening act.

Favorite Sons, also from the United Kingdom, stated at the

beginning of their set that while the crowd didn't know who they were, the band didn't know them and could care less.

However, fans held in there and were rewarded with an hour and a half of sappy love songs from the shaggy haired Blunt.

As Blunt finishes the last leg of his first world tour, it's back to the studio to create an album worthy to follow *Back to Bedlam*.

Fans can only hope that there is enough heartache and despair in Blunt's busy life to keep him writing more sad hits.

Business student wins gold

Team Canada defeats rival United States in wheelchair basketball Gold Cup games

By BRANDON WALKER

For Katie Harnock, all that glitters is gold. A gold medal, that is. The third-year business student spent from July 6 to 14 competing with Team Canada in wheelchair basketball in the Gold Cup games, in Amsterdam.

The 23-year-old said she wasn't too surprised at Canada's gold medal victory against an old rival, the U.S.

"It was weird because we were winning the whole game and near the end I looked at one of my teammates and we both knew they weren't coming back. This is what we came here to do."

Harnock said she didn't feel the significance of the victory until the medal ceremony.

"When they played our anthem and our flag was hanging the highest, that's when we realized until the next World Cup comes around, we're the best team in the world."



Team Canada opened the tournament strong, with a 78-28 victory against Mexico. "The first five minutes were intense, until we

were up by 20 points, then it was just a slaughter," said Harnock.

Next they played France, who they beat 71-35; then Australia, who they beat 52-37.

Canada opened the quarter finals against the Netherlands in a very "spirited affair." Harnock said the home team put up a good fight. "They got really rough. By half time we were only leading by about 10, and they were still try-

ing to make a game of it. I got my arm cut open when a girl ran over me."

Germany took Canada to double overtime in the semis. Harnock's team squeaked away with a 68-63 victory. "They're tactically very strong, and disciplined, but not dirty. It's just how they play. We get along really well with them off the court," she said.

Next up was the gold medal game against the rival U.S. team. A back-and-forth affair, Canada ended the game with a 58-50 victory. "It was one of those games where we knew we had them. We just sort of had this feeling they couldn't muster up anything to rally back. It was the best game I've seen us play," said Harnock.

"When they played our anthem and our flag was hanging the highest, that's when we realized until the next World Cup comes around, we're the best team in the world."

Katie Harnock,
third-year business student

The highest scorer on the U.S. team only had 10 points. "She shot five for 20 from the field and the point guard only hit three out of 13 shots," she said.

Harnock had only good things to say about Canada's coaches. "It seems like coaches always get the blame when teams do bad, and players get the credit when teams do good, but I've got to give it to the coaches this time. Our coaches picked up on everything the other teams had.

"Nothing surprised us when we went into games. Some things you can't account for, but we saw every defence every team was going to throw at us. So when they tried



(Photo by Brandon Walker)

Katie Harnock, 23, represented Team Canada in wheelchair basketball and won a gold medal in Amsterdam. Harnock spent July 6 to 14 competing in the Gold Cup games.

things in games, it didn't work. The coaches gave us all the tools we needed."

Team Canada plays a major tournament every two years, either for the Paralympics or for the World Championships. Harnock said most of the players on Team Canada are from Calgary and British Columbia.

Harnock's mother, Barbara, witnessed the gold medal game. "It was amazing. There were so many Canadian fans there, a lot of them were friends and family from our team. The whole venue was full. Everyone was very supportive."

She said most of the time even foreign fans want Canada to win. "Sometimes we aren't the favourites. Sometimes the fans want to see us lose because we win so often."

Harnock said she plans on playing point guard for a U.S. college next year, after graduating from Conestoga. She also plans on playing for Team Canada in the qualifying games in Rio de Janeiro, next August.

For more information on the Canadian Wheelchair Basketball Association go to <http://www.cwba.ca>

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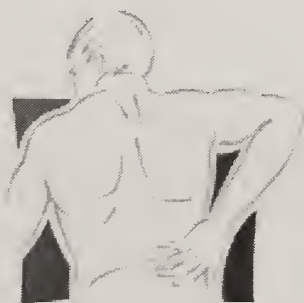
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(Photo by Adam Black)

Hawks fly by Condors

Shane Lloyd prepares to catch a ball during a line out. The Condors rugby team suffered a tough 15-0 loss to the Humber Hawks on Oct. 5.

COUNSELLOR'S CORNER: *Test Anxiety*

Most students experience some anxiety before tests. In fact, a little anxiety increases your alertness and can actually enhance your performance. Anxiety however, can cross the line from being a positive energy to becoming a distressing drain. Often such anxiety has a strong worry component. Do any of these thoughts sound familiar?

Worry about performance:

- I should have studied more.
- I can't remember a thing; this always happens to me.
- My mind goes blank...I'm not cut out for this.
- I have to get an "A".
- I'm going to mess up and look stupid.

Worry about what others are doing:

- Everyone seems to know this stuff but me.
- No one else looks like such a wreck---what a loser!
- Everyone's finished but me---I must be dumb.

Worry about negative consequences:

- What if I fail; I'll fail the course, the program...I'll never make anything of myself!
- I'll never get the job I want.
- I'll never be able to handle college studies.
- I'll have to ace everything else in the course---how can I do that?

Worry about bodily reactions:

- I feel sick---I'll never get through this.
- I'm sweating all over.
- Here it comes again. My hands are shaking; my head aches. Normal people don't do this.
- I feel like I'm going to get sick. Maybe I should leave.

Any of the above worries increase anxiety and actually perpetuate more worry and gives one the sense of losing control. However, as much as anxiety feels out of control, it is in fact, something that we can learn to overcome. There are many effective strategies we can use which will help us reduce our negative thought patterns, reduce the physiological anxiety response, and develop more effective behaviors to avoid falling into the anxiety cycle.

What can you do? There are many things that you can do to overcome your battle with test anxiety. Here are a few on-campus resources:

- Make an appointment with a counsellor in Student Services to learn some effective test anxiety reduction strategies;
- Inquire about a Test Anxiety group and/or a Relaxation group for help with the physiological symptoms in the Student Services Office;
- Read Edmund Bourne's **Anxiety and Phobia Workbook** in the LRC;
- Sign up for the Anxiety and Personal Performance Winter Elective in Student Services.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/siserv/index.jsp>

Red card feud just a memory

By JORDEN FELICIANO

With so much controversy surrounding Portugal international Cristiano Ronaldo's involvement in the red card given to England's Wayne Rooney, his Manchester United teammate, during the 2006 World Cup, many soccer experts and fans wondered if Ronaldo could return to Manchester United and be successful in a country that did not want him back.

After Rooney stomped on the groin of a Portugal defender, Ronaldo rushed to the referee in protest, an action many England supporters and media shunned.

Rooney was shown a red card and sent off in the World Cup quarter-finals, which England went on to lose in a shootout to Portugal. Ironically, it was Ronaldo who converted the final shootout goal to secure victory for Portugal.

England was out of the World Cup and haven't won one since 1966, the World Cup they hosted, and the media needed a scapegoat.

"English fans and media essentially crucified Ronaldo with daily reports, hoping the public buzz would propel Sir Alex Ferguson, manager of Manchester United, to ship Ronaldo out of town," said Johnny Mazza, former host of Conestoga College radio station's Football Fix Weekly.

Ronaldo himself was beginning to state he wanted to join other clubs in Spain and Italy but his manager refused to allow his 21-year-old star to leave.

Ferguson brought two of the best young soccer players in all of Europe to Manchester in the summer of 2003, both Ronaldo and Rooney who were 17 and 18 years old respectively when they joined United.

The Manchester boss nurtured both talents who have different personality issues. Ronaldo enjoys the ball at his feet but at times seems to embellish fouls against him, and

Rooney is a hot-tempered player with a lot of raw talent.

"Both players stated repeatedly that neither was angry at each other," said Mazza, "but I feel the media in England had selfish motives and tried to create a wedge between the two."

Ronaldo returned to training camp with Manchester in August without incident and has improved his game and convinced United fans that he can be a top player on the squad.

Every stadium United travelled to during their pre-season matches with Ronaldo in the lineup was another opportunity for fans to vent their dislike for him, booing and jeering every time he touched the ball or appeared to be fouled.

"The constant jeering perhaps forced him to change the way he plays," said Mazza, referring to Ronaldo's reputation for embellishing fouls.

Mazza believes that maybe this treatment from opposing fans was a blessing in disguise for Ronaldo.

"Instead of just going to the grass whenever he feels contact, we see him struggle to maintain balance after evading tackles," said Mazza.

Mazza said if Ronaldo left the English Premier League (EPL) at this stage in his career it could ultimately effect his development as a player.

"He's become more acclimatized to the English game," said Mazza. "He is 21 years old and players mature very rapidly during those years."

After seven games in the EPL Mazza's suggestions seem correct as Ronaldo has been putting in fantastic performances for Manchester United, already scoring two goals.

"One of the goals was really important," said Jason Correia, coach of a competitive men's indoor soccer team in Cambridge. "He scored the tying goal against Reading very late in the match."

Men's soccer team ties Mohawk Mountaineers

By ADAM BLACK

by Victor Noble.

The men's soccer team tied the Mohawk Mountaineers 3-3 on Oct. 3.

The Condors went down 1-0 to Mohawk within the first minute of play. By half time the Mountaineers led 3-1, and hopes of a Condor comeback were diminishing.

Things didn't get easier for the Condors, as Jorge Corta got his second yellow card of the match, which meant an automatic red card, forcing the team to play the rest of the game one player short.

But the heart of this Condors' team gave them determination. They didn't want to go silently into the night. Within the final 15 minutes of the game they received goals from Justin Barbuto and Zoran Kukic to tie the game 3-3. The other Condor goal was scored

Coach Geoff Johnstone praised the effort the team is putting forth this year, and the way they play as a team.

"Every game we've played we've started off slow," said Johnstone. "These guys never give up though, they play with such heart. It's really an amazing bunch of guys to coach."

Assistant coach Duane Shadd thinks the team needs to start their games off more quickly instead of always coming from behind.

"We have some tough competition coming up," said Shadd. "It's hard enough to try and play catch up. We need to give a whole 90-minute effort."

The Condors have no more home games this season, but they do have games coming up against Redeemer and Fanshawe colleges.